

VOL. 43 – NO. 4

RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

FEBRUARY 2008

Johanneck named general manager

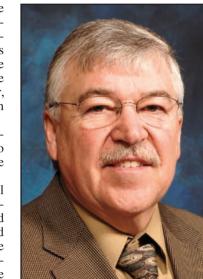
Roger Johanneck, currently the manager of finance and administration at Red Lake Electric Cooperative (RLEC), has been selected as the new general manager of the Cooperative effective May 1. He will succeed the current manager, Ron Kennedy, who will retire in May.

The board of directors advertised the position nationally to assure the best candidate would be selected.

"We felt we should explore all avenues so the position was advertised," said Kelly Lundeen, board president. "We had some very good candidates and found Roger to be the best qualified to lead the Cooperative. He is familiar with the operation of RLEC and, as a lifelong resident of the area, knows our membership and their needs well."

Johanneck stated, "I am grateful for the opportunity to serve as Red Lake Electric Cooperative's general manager. I will do my best to serve the interests of the Cooperative and aim to continue the good service our customers have come to expect from us."

Johanneck began his career at RLEC in October 1980 as the office manager. Throughout his 27plus years at the Cooperative, Johanneck has been responsible for the billing and accounting systems.



Roger Johanneck

He also spearheaded the transition to the automated meter reading system and has been involved in many other areas of the operation.

"I'm very pleased with the board's selection of Roger," Kennedy said. "Roger has been a very valuable employee for a long time and deserves the opportunity to serve as GM. His knowledge, work ethic, positive attitude and people skills will serve the Cooperative and its members very well."

Johanneck was born and raised

in Red Lake Falls, the son of Clem and Marietta Johanneck. He attended St. Joseph School and graduated from Lafayette High School. He continued his education at the University of Minnesota, Twin Cities, and earned a degree in accounting. After a short time with an accounting firm in the Twin Cities, he accepted the positon at RLEC in 1980 and moved back to Red Lake Falls.

Roger and his wife of 28 years, Michelle, reside in Red Lake Falls. They are members of St. Joseph Catholic Church and have both (4402014.08 Edward G. Mooney) been invovled in church and school activities. They have also worked on many Blue Line Club hockey activities where Roger served two years as club president. Michelle is employed as a registered nurse at MeritCare Southeast Clinic in Thief River Falls.

The Johannecks are parents of four children: Luke is a senior at the University of North Dakota (UND); Erika is a UND graduate and employed at Northwest Mutual Insurance Company in Grand Forks; Thomas is a student at Bemidji State University; and Patrick is a senior at Lafayette High School in Red Lake Falls.

Operation Round Up® grant applications due March 5

Organizations involved in community projects and charities are encouraged to apply for funds from Operation Round Up® at this time. Completed grant applications are due in the Red Lake Electric Cooperative (RLEC) office by March 5. Operation Round Up® is a program adopted by RLEC headquartered in Red Lake Falls. Customers choosing to "round up" their monthly electric bill payment provide funds for this effort. More than 85 percent of RLEC members now choose to contribute pennies each month to enhance their communities



son, Thief River Falls; Bonnie Cote and Kelly Lundeen. Trail: and Ron Kennedy, Red Lake Falls.

Official Notice Annual Meeting

All members of Red Lake Electric Cooperative, Inc. are hereby notified of its annual meeting. The annual meeting will take place at 10:30 a.m. Wednesday, March 26, 2008, at the Ralph Engelstad Arena in Thief River Falls.

The meeting agenda includes year 2007 in review, financial reports and election of directors. Door prizes will be awarded and lunch will be served.

All members are urged to attend.

/s/ Henry Wieland, Secretary

Member meetings held in February

Four member meetings, three district and one informational, were recently held throughout the Red Lake Electric Cooperative's service area.

The District 5 meeting was held Feb. 4 at the Community Church east of Thief River Falls. Cooperative members in attendance unanimously elected Mark Hanson, the incumbent director, as the director at the Oklee Community Center Feb. 5. The 38 members who attended unanimously elected incumbent director Steve Linder as (3335005.01 James S. Hermanson) the director candidate of the district.

Feb. 5 the District 1 meeting was held at the Bible Baptist Church east of Crookston. Director Bonnie Christians was unanimousdance.

An informational meeting was held Feb. 12 at Nazareth Lutheran Church in Holt. Forty-six Cooperative members and friends attended.

Topics discussed at each meeting included the Langdon Wind Energy Center, off-peak electric heat, energy conservation and future wholesale and retail electric rates

Funds will be donated primarily to nonprofit organizations to help fund their specific projects or programs. Since the program began in

1993, \$290,743 has been granted to community organizations and charities. Money is donated for betterment of the community within the outside service area boundaries of RLEC

The Red Lake Electric Trust Board of Directors determines grants. Board members are Rodney Hoffman, Goodridge; Kim Swan-

To apply for Operation Round Up® grants, organizations should contact the RLEC office in Red Lake Falls at 218-253-2168 or 800-245-6068. A short application must be completed and submitted along with a financial statement from the organization. The grant application (7234007.02 Paul and Allyson Cwikla) form is also available on the Cooperative's Web site at www.redlakeelectric.com.

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

candidate of the district. The District 4 meeting was held

ly elected as the director candidate by the district members in atten-



Forty-six members and friends of Red Lake Electric Cooperative attended the informational meeting Feb. 12 at Nazareth Lutheran Church in Holt. More meeting pictures appear on page 5.

Reduce cancer risk with new online test

American Cancer Society has a personalized plan for good health

The American Cancer Society is encouraging Minnesotans to kick off a healthy new year with the Great American Health Check.

The Great American Health Check is available at www.can cer.org/greatamericans. The confidential quiz allows users to enter age, weight, dietary and physical activity levels, as well as alcohol and tobacco use, and receive a personalized action plan. Users can take the quiz for themselves or for a family member or friend.

"People know what they need to do but they're looking for simple, supportive ways to stay on the right track," said Maribeth Swenty Woodford, American Cancer Society Minnesota vice president. "The Great American Health Check gives people the opportunity to

take charge of their health by filling out an easy online questionnaire and receiving a personalized plan they can start using right away and share with their physicians and loved ones.'

Inherited genes influence cancer risk but behavioral factors, such as a healthy lifestyle, substantially affect the risk of developing cancer.

In addition, screening can detect common cancers at early stages when treatment is more likely to be successful. Tests for cervical and colorectal cancer may actually detect changes in cells before they become cancerous.

"Make a commitment to get regular checkups, including the appro-priate cancer screenings," Swenty added. "You can sign up through the American Cancer Society to get reminders, either via email or telephone, that can support you in this choice."

The Great American Health Check is the first of four American Cancer Society Great American Health Challenge efforts - Check, Move, Nourish and Quit – to help keep people on track for a happy and healthy year by checking their health, getting physical activity, eating right and quitting smoking.

The American Cancer Society is dedicated to eliminating cancer as a major health problem by saving lives, diminishing suffering and preventing cancer through research, education, advocacy and service.

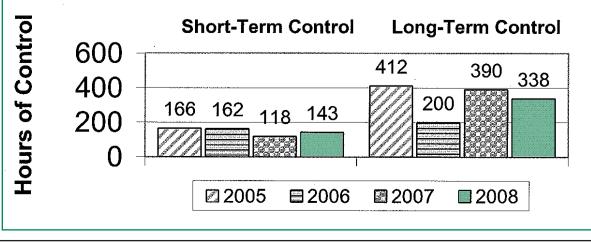
For more information anytime call toll free 800-ACS-2345 or visit www.cancer.org.

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

The chart below shows the amount of control time for Red Lake Electric Cooperative's Off-Peak customers this heating season compared to the same period the past three years. The influence on off-peak control times caused by this winters cold weather, high fuel prices and unplanned power plant outages has been reduced by the addition of the Langdon Wind Energy Center which became operational the beginning of this year. The Langon Wind Farm is the largest addition to Minnkota's energy source since the Coyote power plant came on line in 1981.

OFF-PEAK CONTROL HOURS Through February 11th





Manager's

Comments

by Ron Kennedy

'Positive growth'

This is a common phrase often heard in business. It is nearly always accurate in the economic system used in our country. If you farm more acres, your overhead cost per acre usually goes down. If your factory produces more widgets, their unit cost normally goes down and profits go up. In your retail store, if you increase sales by 20 percent, the result is normally positive.

The economics of our electric industry today is quite different. "Positive growth" is not possible today for a utility whose electric load is now approaching their generation resource level. When a utility's peak load is growing, it will reach a point where new generation is needed. When that happens the price of electricity is going up.

The cost of providing you with electric service is divided into two segments. Minnkota Power provides Red Lake Electric Cooperative (RLEC) with wholesale electricity, transmission service and substation service. These costs will account for 65 percent of your electricity cost in 2008.

The cost of getting electricity from the area substation to your meter is termed "distribution" cost and will be 35 percent of your electric bill in 2008. Minnkota and RLEC have distinct areas of responsibility and costs.

RLEC's distribution system, in some areas, could handle more electric use by our customers with (4902005.02 David L. Arveson) little or no added expense. That could be termed "positive growth" for the distribution system. Minnkota's transmission and substation systems could handle more electric load in some areas also, again, "positive growth."

The generation segment of our business is what throws a wrench in the concept of "positive growth" within our regional electric system. New generating plants are much more expensive than existing plants. They will raise the average cost of all electricity generated and sold to a higher level.

When new plants come on-line, wholesale rates will rise. The increased wholesale cost will exceed any economic gains due to load growth on the distribution system. The net result will surely be higher retail rates for electricity.

The high price of fuel oil and propane today has prompted some customers to use more electricity for heating. Customer use Dec. 20 through Jan. 20 this winter was up more than 11 percent from the same period last winter. That is significant growth and is making us rethink our past load forecasts and planning efforts. Unfortunately, most of that load growth was for "firm" use electricity and not manageable electric load, like off-peak electric heating.

Rest assured Minnkota and RLEC will have electricity for you when you need it, regardless of the load growth that occurs. Unfortunately, that growth will not have a positive effect on wholesale or retail rates for electricity. Anything you do to conserve electricity, especially in the winter, will save you money twice. First, your monthly electric bill will go down; and second, your future rates will be lower if we don't have to build new power plants.

Resolve to save energy in 2008

Many people diet as part of their New Year's resolutions. The Alliance Save Energy urges people to adopt an "energy diet" as well.

Resolve to do just one thing to lower energy use and challenge friends, family and colleagues to do the same.

Here are some suggestions:

• Plug energy leaks. A few dollars worth of sealant and weatherstripping makes a home more comfortable and energy-efficient. This will save more on heating and cooling bills year after year.

• Replace four 75-watt incandescent bulbs that burn four or more hours a day with comparable 23-watt compact fluorescent bulbs to save about \$200 over the life of the bulbs

• A programmable thermostat

reduces heating costs up to 10 percent. It does this by adjusting the indoor temperature to daily and weekend routines. For example, it turns the heat down when you are away during the day or when you are sleeping at night.

• Clean or replace furnace filters regularly.

• Insulate heating ducts. A system can lose up to 60 percent of its warmed air before it reaches the register if ducts are not properly insulated in unheated areas such as attics and crawl spaces. Plus insulate your water heater (if it's not an energy-efficient model from an electric cooperative) and hot water pipes • Look for the Energy Star

label, which is the government's symbol of energy efficiency, on 40 different types of products. They include appliances, electronics, lighting and more.

• Open curtains and other window treatments on the west- and south-facing windows during the day to allow sunlight to naturally heat a home; close them at night.

• Turn off kitchen, bath and other ventilating fans within 20 minutes to retain heated air. When replacing exhaust fans, consider high-efficiency, low-noise models.

From the mailbox

DEAR RLEC:

Thank you for the crockpot I won at the District 4 meeting in Oklee. Melvin R. Johnson Jr.,



by Roger Johanneck Manager of Finance and Administration

'All good things come to an end'

I read somewhere that if you find time passing too quickly, a person should take out a loan.

Somehow the process of removing monthly payment slips from a loan book has a way of making the passage of time move slowly and gives us the feeling that an eternity will pass before the last payment is made.

Having said that, I can assure just the opposite feeling is true if you are on the receiving end of those payments because that is (6104003.01 Robert Pahlen) exactly what happened this month at Red Lake Electric Cooperative (RLEC).

This Feb. 15 marked the final of nine annual payments RLEC received as a result of us selling the Direct Broadcast Satellite (DBS) franchise to Pegasus Satellite Communications in 1999. I know for this bookkeeper, it doesn't seem like that much time has passed, even though I have just finished recording the last of the annual payments for this sale. Dang! Certainly the old adage "All good things must come to an end" applies to this deal.

The opportunity to sell the DBS business was too good for RLEC to pass up. All customers benefited from the \$2.3 million profit the Cooperative realized on the sale of the DBS franchise to Pegasus. The gain from this sale was recognized and payments were received in annual installments since 1999. These earnings were used to offset revenue needs the Cooperative would have had to receive from our customers through higher electric rates. The gain from the sale and interest earned from this investment have had a big impact on our Cooperative's margins, especially in the later years when the annual payments were the largest. For 2008, \$529,000 will be recognized as income and interest earned on the DBS sale, or 6 percent to 7 percent of our total budgeted revenue in 2008.

Obviously, with this DBS revenue stream ended, we will have to make up that difference in our future energy retail rates. We can lament this good deal for RLEC has ended or be grateful we had a profitable outcome in our venture with the DirecTV business. I've done a little of both

Sustainable Farming Ag Day is March 13 in Red Lake Falls

The Lake Agassiz Sustainable Farming Association (LASFA) Ag Day is scheduled for Thursday, March 13, at the Red Lake Falls Community Hall.

Dr. Dan Skow is the featured speaker. His presentation will be on soil health and fertility, featuring corn, soybeans, alfalfa and small grains.

The schedule for the day is registration from 8:30 to 9 a.m. Dr. Skow will speak from 9 to 10 a.m., followed by a short break. Dr. Skow will continue his talk until lunch, which will be served at 11:30 a.m. Following lunch, attendees can visit exhibitors at the Ag Day.

At 1 p.m., Dr. Skow will speak on foliar feeding, followed by a 2 p.m. break. He will continue his talk and then take questions.

Door prizes will be given at 3 p.m.; winners must be present to win.

Dr. Skow has learned and taught the Reams Biological Theory of Ionization for the past three decades. During this time he has worked as a practicing veterinarian with Fairmont Vet Clinic, one of the nation's largest swine practices.

He has annually taught the Reams Basic Soil Seminar since 1979 when he began team teaching with Dr. Carey Reams. Dr. Skow is an owner of International Ag Labs, a soil testing and consulting laboratory.

There is a cost for the event, which includes the meal and a oneyear membership in the LASFA chapter for one person.

For more information call Bill Langlois at 218-281-6881.

NOTICE

Hidden within the text of the articles on pages 1, 2, 3 and the back page of this issue of the Volts & Jolts are the names and account numbers of five Red Lake Electric (RLEC) members. They will appear within the articles in parenthesis as such (0101001.01 Roger P. Member). If you find your name and account number, clip it out and send it with your next payment; for those with Auto Pay, contact RLEC. You will be credited with \$5 on your electric bill.

Editor's note: In the October 2007 issue of Volts & Jolts one name was omitted. That name has been added this month for a total of six names

Tip of the Hard Hat

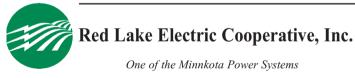
Our thanks to Arlen Brekke, Oklee, who called in a floating phase wire, allowing for repair before an outage occured.





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. VOLTS & JOLTS

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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.



RONNIE M. KENNEDY General Manager

Brooks

DEAR RLEC:

We enjoyed the District 4 meeting held in Oklee Feb. 5. I would like to say a big "thank you" for the nice stainless steel thermos I won. The lunch was also wonderful. Thanks again.

Cecilia Christianson, Oklee

DEAR RLEC:

Just want to thank you for the power strip. Was a nice meeting so close to home. Thank you.

Shirley Kelly, Crookston



A 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 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 \$15 to \$21 month First 500 KWH8.0¢ Kwh Over 500 KWH (April-Dec.)5.7¢ Kwh Multiphase users add \$16/month cost of service charge.

Standby, \$8/month (meter disconnected but the power line retained; standby is not available on services larger than 15 KVA transformer capacity).

Security light, \$6/month, high pressure sodium, \$7/month, mercury vapor; water heater flat credit, \$5/month (on January-April billing); off-peak equipment charge, \$3.50/month per heat meter; off-peak electric heat rate, 3.5¢/kWh long-term control, 5.0¢/kWh short-term control.

Recipe corner

Fluffy Pancakes

1 c. all-purpose flour

- 1 tbl. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 egg

3/4 c. milk

1/4 c. shortening, melted

In a small bowl, combine the flour, sugar, baking powder and salt. Combine the egg, milk and shortening; stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a greased, hot griddle. Turn when bubbles form on top of pancakes; cook until the second side is golden brown. Yield: 8 pancakes.

Chocolate chip pancakes: stir 1/2 cup miniature chocolate chips into batter. Proceed as recipe directs.

Maple pancakes: add 1 tablespoon maple syrup to milk mixture. Proceed as recipe directs.

Blueberry Sour Cream Pancakes

- 2 tbl. cornstarch 1 c. cold water
- 4 c. fresh or frozen blueberries
- Pancakes:

1/2 c. sugar

- 2 c. all-purpose flour
- 1/4 c. sugar
- 4 tsp. baking powder
- 1/2 tsp. salt
- 2 eggs $1 \frac{1}{2} \text{ cm}^{-1}$
- $1 \frac{1}{2} c. milk$
- 1 c. (8 oz.) sour cream

1/3 c. butter, melted

1 c. fresh or frozen blueberries

In a large saucepan, combine the sugar and cornstarch. Stir in water until smooth. Add blueberries. Bring to a boil over medium heat; cook and stir

for 2 minutes or until thickened. Remove from the heat; cover and keep warm.

For pancakes, in a large bowl, combine the flour, sugar, baking powder and salt. Combine the eggs, milk, sour cream and butter. Stir into flour mixture just until moistened. Fold in blueberries. Pour batter by 1/4 cupfuls onto a greased, hot griddle. Turn when bubbles form on top; cook until the second side is golden brown. Serve with blueberry topping. Yield: about 20 pancakes and 3 1/2 cups topping.

Editor's note: if using frozen blueberries, do not thaw before adding to batter.

Dutch Cream Waffles

- 1 c. all-purpose flour
- 1/4 tsp. salt
- 3 eggs, separated

1 c. heavy whipping cream

In a large mixing bowl, combine flour and salt. In a small mixing bowl, beat egg yolks on low while adding cream; beat for 1 minute. Add to flour mixture; combine on slow speed, then beat on medium-high until smooth.

In another small mixing bowl and with clean beaters, beat egg whites on high until stiff peaks form. Gently fold into batter. Bake in a preheated waffle iron according to manufacturer's directions. Serve with warm maple syrup or fresh fruit. Yield: 2 to 3 servings.

Orange honey butter: beat together 1/2 cup softened butter with 1/3 cup honey. Beat in 2 tablespoons orange juice concentrate. Serve with pancakes or waffles.

Cinnamon honey syrup: microwave 1 cup honey, 1/2 cup butter, cubed, and 1 1/2 tsp. ground cinnamon on high until butter is melted and syrup is hot; stir occasionally. Serve with pancakes or waffles.

Freezing homemade waffles: for fast, homemade freezer waffles, bake and cool on a wire rack; freeze in a single layer on a baking sheet. When frozen, store in heavy-duty freezer bags. When ready to use, pop into the toaster or toaster oven to defrost and reheat.

Frosted Spice Cake

3 c. all-purpose flour 2 c. sugar 2 tsp. baking soda

- 1 tsp. salt
- 1 1/8 tsp. ground cinnamon, divided
- 1/2 tsp. ground cloves
- 1/2 tsp. ground nutmeg
- 2 c. water
- 2/3 c. canola oil
- 2 tbl. white vinegar
- 2 tsp. vanilla extract
- 1 12-oz. can whipped vanilla frosting

In a large mixing bowl, combine the flour, sugar, baking soda, salt, 1 teaspoon cinnamon, cloves and nutmeg. Combine the water, oil, vinegar and vanilla; add to dry ingredients and beat until smooth (batter will be thin). Pour into a 13-in. x 9-in. x 2-in. baking pan coated with nonstick cooking spray. Bake at 350° for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Stir remaining cinnamon into frosting; spread over cake. Yield: 20 servings.

Poppy Seed Cake

- 3 c. flour
- 2 1/3 c. sugar
- 1 1/2 tsp. salt 1 1/2 tsp. baking powder
- $\frac{1}{2} \frac{1}{2} \frac{1}$
- 3 eggs
- 1 1/2 c. milk 1 1/8 c. oil
- 3 tsp. poppy seeds
- 1 1/2 tsp. vanilla
- $1 \frac{1}{2}$ tsp. almond flavoring
- 1 1/2 tsp. butter flavoring
- Glaze:
- 1/4 c. orange juice
- 3/4 c. sugar
- 1/2 tsp. vanilla
- 1/2 tsp. almond flavoring

For cake: in a large mixing bowl, combine all ingredients and mix well. Pour into 2 greased and floured loaf pans. Bake at 325° for one hour.

For glaze: in a medium bowl, mix glaze ingredients together until blended. Pour over cake while it is cooling in the pan.

Red Lake Electric Cooperative, Inc. Operating Report

MONTHLY COMPARISON

DI	ECEMBER	DECEMBER	
	2006	2007	
Total Revenue	844,657	\$ 960,820	
Total Margins\$	95,787	\$ 159,032	
Cost of Power\$	529,893	\$ 574,138	
KWH's Purchased	3,891,153	15,836,132	
Capital Credits Paid to Estates\$	5,639	\$ 12,705	

YEAR TO DATE COMPARISON

D	ECEMBER 2006		DECEMBER 2007
Total Revenue\$	7,640,432	\$	8,162,961
Total Margins\$	711,182	\$	749,227
Cost of Power\$	4,669,359	\$	5,204,604
KWH's Purchased 12	22,779,134	1	29,957,140
New Service Connections	60		52
Customers Served	5,047		5,097
Capital Credits Paid to Estates\$	73,489	\$	117,393
Miles of Line			
Overhead	2,329		2,324
Underground	230		231

Planning for the future with research and development

Most items used over the course of an average day originated as an idea and a handful of inspired sketches. Cell phones, TVs, coffee machines – all went through a rigorous period of research and development before making it into homes.

The same process continues on a larger scale in the energy industry, as new technologies are made available to utilities like Red Lake Electric Cooperative to get electricity to people more safely, efficiently, reliably and affordably.

For example, the nation's 900-plus electric co-ops are currently analyzing a project that converts heat coming off natural gas-fired generators into what could be considered bonus electricity. When results are complete, other electric coops may be able to apply the method at their own power plants, putting this research and development effort to work.

Such research at the co-op level tends to tackle short-term goals and develop technology that can be applied within a few years. With a relatively short turnaround, these projects provide a lot of bang for the buck, while becoming stepping stones toward long-range goals. "If you're limited in funds, you want to focus on the near-term," said Ed Tor-

rero, executive director of the Cooperative Research Network, an arm of Arlington,Va.-based National Rural Electric Cooperative Association, which represents the interests of electric co-ops. "The longer the research time frame, the higher the risks and greater the costs."

It's for that reason long-term projects are typically left to 21 taxpayer-funded national laboratories and technology centers. In fact, the 2008 federal budget flagged more than \$1.5 billion for energy-related research and development. Of that, some \$400 million went toward electricity-related projects, according to the Electric Power Research Institute (EPRI).

"We count on alliances with national labs and EPRI for the bigger picture," Torrero said.

When long-term, federal efforts are paired with real-world cooperative research and development

activities, what were once futuristic ideas can become usable technologies in the

Funding climate change solutions

Research and development can find solutions to problems that seem unsolvable with current technology. Vast amounts of government funding went into the Manhatten Project to build the atomic bomb and the Apollo moon missions. A current issue, climate change, could benefit from the same attention.

EPRI, a utility consortium based in Palo Alto, Calif., that includes electric co-ops, has outlined a framework in which \$30 billion would be invested in climate change research, development and demonstration projects between now and 2030. Some funding would come from the government and the rest from utilities and private investors.

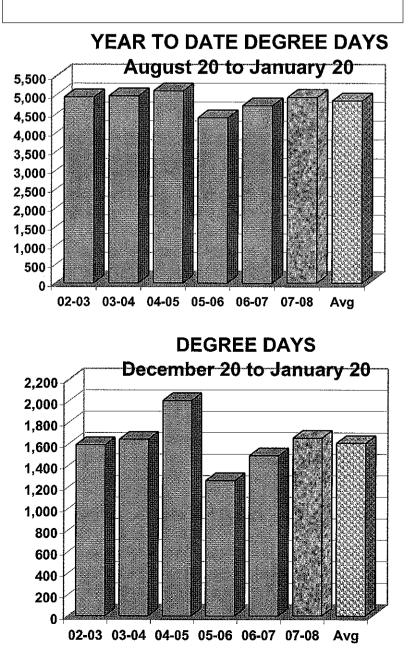
The research would aim to reduce carbon emissions by improving technology employed in electricity distribution, transmission and nuclear and coal generation. Nuclear and coal power form the backbone of the nation's electricity supply and make up 77 percent of the electric cooperative fuel mix. A central focus of study would be on capturing carbon dioxide gas from coal-fired power plants before it goes up a smokestack, compressing it and then permanently storing it deep underground.

Such goals are lofty but achievable. Revis James, director of EPRI's Energy Technology Assessment Center, remains confident in the approach. "I think there's no question we're going to pull it off," he said.

Alarms and maintenance can

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.





prevent carbon monoxide deaths

Carbon monoxide (CO) is the leading cause of poisoning death in the U.S. The Minnesota Department of Health estimates that in just five years (2002 through 2006), 92 Minnesotans died from unintentional exposure to this colorless, tasteless, odorless gas. Prevention of CO deaths, according to State Fire Marshal Jerry Rosendahl, is a matter of knowledge, maintenance and adequate warning.

CO is commonly associated with car exhaust but any inefficient or malfunctioning fuel-burning device can produce CO, including gas furnaces, water heaters and power generators. In homes without CO alarms, the poison gas can accumulate without warning to a lethal level.

Minnesota statute requires newly constructed, single- and multi-family dwellings built on or after Jan. 1, 2007, to have a ULlisted CO alarm within 10 feet of each bedroom. The same law applies to existing single-family homes as of Aug. 1, 2008, and to existing multi-dwelling units as of Aug. 1, 2009. Residents should follow manufacturer's instructions on routine maintenance and plan to replace alarms every five to seven years. CO alarms are essential, Rosendahl said, and so is maintenance on fuel-burning appliances. They should be checked regularly to be sure they are burning efficiently. "While you can smell vehicle exhaust," he said, "it is possible to have carbon monoxide present without knowing it, so alarms and maintenance are absolutely your best defense."

If a CO alarm goes off, you should leave your home or building immediately and call 911 from outside. Tell the dispatcher if anyone displays signs of CO poisoning; they include headache, nausea and drowsiness. More serious signs are nausea, chest pain, seizures or coma. Pregnant women and people with histories of heart disease or stroke are at greater risk from CO poisoning.

The Minnesota Poison Control System, the State Fire Marshal Division and the Minnesota Department of Health are working together to reduce deaths and injuries from CO exposure. For information on the CO alarm law visit www.fire.state.mn.us or call the 24-hour Minnesota Poison Control System hotline at 800-222-2222.





VOLTS AND JOLTS FEATURE OF THE MONTH

'What you first build normally isn't exactly what you end up with' Rantanens create snowmobile products for specialty market

By Destiny Harmoning

Arne Rantanen Sr. and Arne Rantanen Jr. are the owners and operators of Black Magic Motorsports, Inc. in Thief River Falls and White Knuckle Performance on their land near Middle River.

What the Rantanens do at both businesses is create high-performance products for snowmobiles. The difference between the businesses is Black Magic is a registered trademark of the Arctic Cat company and the business can only create parts for Arctic Cat snowmobiles. The duo has started work on ATVs, which includes exhaust systems, after-market mufflers, some clutch kits and air intake kits. The company is looking into different products for the Prowler ATV.

Under the White Knuckle name, the two build performance parts for all types of snowmobiles: Yamaha, Polaris and Ski-Doo, along with Arctic Cat. At White Knuckle the Rantanens build a lot of the parts that are then sold at Black Magic.

White Knuckle was started in 2001, which was before the Rantanens decided to buy Black Magic in 2005. While operating White Knuckle, they sold parts to Black Magic. Rantanen Sr. had worked for Black Magic when it opened in 1987. Then he contracted for Central Boiler using the building that is now used for White Knuckle. He stopped contracting for them and starting building exhaust products,

most for Black Magic. White Knuckle can make



Arne Rantanen Jr. and Arne Rantanen Sr.

snowmobiles.

At Black Magic the Rantanens handle orders for Arctic Cat parts for racers all over the U.S. This used to be handled by the race department at Arctic Cat but the work was overwhelming so Black Magic took over the job. They build components to make the race sleds better but also sell the racers stock parts if they want.

An example of a custom part is tune pipes for the exhaust system. Rantanen Sr. explained the pipes they create are different from those built by the factory. The custom exhaust system allows the snowmobile to gain 7 to 15 horsepower depending on the particular motor. They can also cut the weight of a muffler almost in half, which can be up to 10 pounds. Another difference between the factory exhaust and the ones created at White Knuckle is the factorymade ones have sound regulations, where the after-market ones don't. Rantanen explained it is up to the customer to determine how loud their snowmobile can be in the area in which they they live. Every state has different regulations as to how

loud snowmobiles can be. Rantanen said at White Knuckle they try not to make them loud but some customers request them to be.

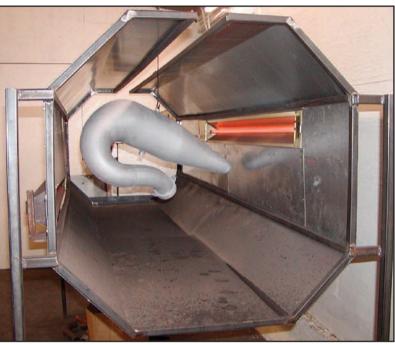
White Knuckle uses a dyno machine to determine the horsepower of a snowmobile's engine. They first use it on stock and then on what they built to compare them. "You have to play with it. What you first build normally isn't exactly what you end up with," Rantanen Sr. said.

For exhaust systems, they first start with a straight pipe and use the dyno to get the horsepower where they want it. Then they have to create curves in the pipe by cutting it into sections, turning the pieces and welding them back together. This allows the pipe to fit in the snowmobile. After that phase is completed, the part is then dynoed again and then it's field tested. "What works on the dyno doesn't always work on the snowmobile," Rantanen Sr. stated. After it's field tested, they make any necessary changes, dyno it again and field test it again. The process is continued until the snowmobile reacts in the way desired.

part is then painted or coated in ceramic. The ceramic coat gives the pipe a shiny appearance. The process of ceramic coating is similar to painting. The coating, which is a water-based paint with small particles of glass in it, is sprayed onto the part. Then the part is placed in an oven that heats to 650 degrees to 700 degrees to bake. The baking process melts the glass and causes it to fuse with aluminum particles in the glass, creating the hard ceramic coating. From there it can be polished, giving it a chromelike finish.

If the customer does not request ceramic coating, the parts are painted with high-temperature black paint. According to Rantanen, there is no real difference between ceramic coating and black paint except for the finished look. "It doesn't work any better than high-temperature black paint and it does rust," Rantanen Sr. said. It is not a requirement to bake the paint on an exhaust system because it gets up to 1,200 degrees in the snowmobile; it bakes it once you ride it.

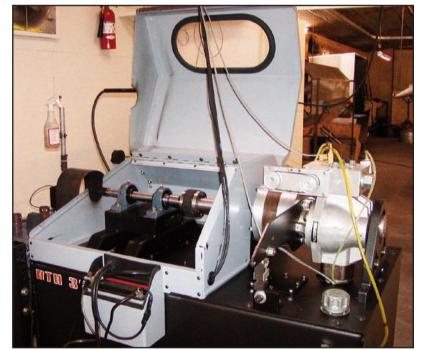
Ranatanen Jr. has been racing snowmobiles since he was 18. This year he started out in a race using a consumer sled for a writer of a publishing company. The next two races he raced Pro 600 Class M I-500. He had machine troubles during the I-500. Rantanen Sr. was at the I-500 to help out the team. Rantanen Jr. has been working on snowmobiles for most of his life, except for while he was in college where he studied business management. Rantanen Sr. has been building things most of his life. Besides his snowmobile experience, Rantanen also worked in a gold mine in Alaska for a few years, where he built a lot of different things including separation processes to remove the gold from the dirt. When he contracted for Central Boiler he built stoves for them.



An exhaust pipe is placed in this oven after it is painted. The oven doesn't bake the paint but dries it faster so the part can be handled quicker.

locate the snowmobile, which is then pulled up by that rope. After taking a dip in the water, all that is needed is to set the snowmobile on its end, let the water drain out and replace the spark plugs. Then it usually fires right up.

explained has been difficult with the lack of snow the past few years. Even this year he said hasn't been as successful as he'd like. So the Rantanens try to do everything for a potential market, which includes working on ATVs.



part a customer wants. Products and and services offered include exhaust products, components for centrifigal drive units, billet heads, break levers, handlebars, brake reservoir covers, torque arms, suspension components, cylinder porting, dyno service, build motors and any modifications to a stock motor. Clutch components and exhaust products are the highest-selling products because they are costeffective ways for customers to get more performance out of their

Following its completion, the

Before he started White Knuckle or owned Black Magic, Rantanen built water-cross snowmobiles for

customers. These snowmobiles can race across water but will sink if they stop. Instead of a seat they have a boat cushion with rope coiled underneath it that is attached to the snowmobile. The driver is attached to the boat seat so if the snowmobile starts sinking, they tear off the cushion, which then floats to the surface. They use that cushion to

This dyno machine is used to test the horsepower of a snowmobile.



These custom built exhaust systems were made by White Knuckle to be sold at Black Magic Motorsports. They are for the lastest Artic Cat snowmobile, the 1000F.

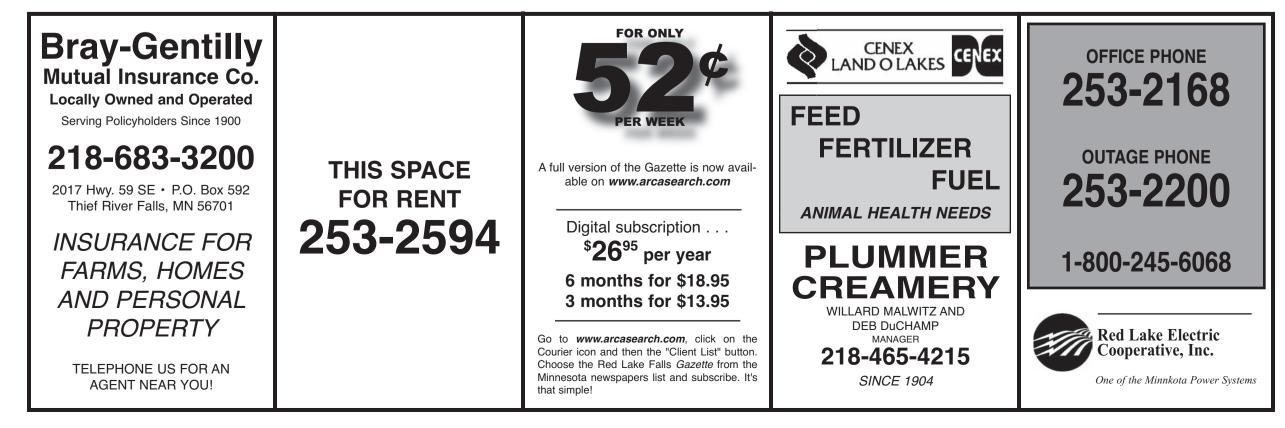


This is what a similar exhaust pipe looks like once it is placed inside a snowmobile. This photo is available on the Black Magic website.

One of the most unique things a customer asked Rantanen to build was a custom exhaust system for an ultralight experimental airplane. He recently built a complete race chassis for a 120, which is the childrensize snowmobile. He started with a stock engine and made modifications. He also built about three different hill-climbing snowmobiles at Black Magic.

Rantanen is hoping to keep both businesses growing, which he

Rantanen said he has tried to get away from the snowmobile business but it always reels him back in. It's no surprise why: a lot of his family is involved in snowmobiles including his son (Rantenan Jr.) and his daughter and son-in-law, Melissa and Tom Hodgson. It is clear the Rantanen family has snowmobiles in their blood and will continue to provide their customers with the best performance parts they can offer.





Pictured are meeting attendees at the District 5 meeting held at the Community Church east of Thief River Falls Feb. 4.





Prize winners at the District 1 meeting held at the Bible Babtist Church are Cecilia Plante, left, and Shirley Kelly both of Crookston.

Lunch at the District 4 meeting held at the Oklee Community Center was provided by Salem Lutheran Church WELCA. Ladies from Salem Lutheran in attendance are from left, Elma Stenberg, Shirley Dessellier, Sharon Larson, Deb Vettleson and Diane Kolstoe.



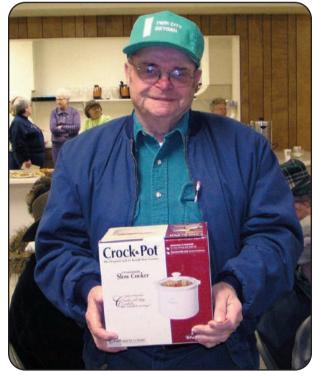


Informational meeting attendees enjoy pie and ice cream served by the ladies of Nazareth Lutheran Church in Holt.



Helga McBride, Middle River, won a beef gift certificate at Red Lake Electric's informational meeting Feb. 12.





Melvin Johnson, Brooks, won a crock pot at the District 4 meeting held Feb. 5 at the Oklee Community Center.





Cathy Desrosier served as chairperson at the District 1 meeting held Feb. 5 at the Bible Babtist Church east of Crookston.



Rueben Benitt, Middle River, was a door prize winner at the informational meeting held at the Nazareth Lutheran Church in Holt.

Pat and Tom Froehler, foreground, and Pam and Ron Delage, background, all of Crookston, were prize winners at the District 1 meeting Feb. 5.

Sandy Jacobson, Thief River Falls, won a beef gift certificate at Red Lake Electric's District 5 meeting Feb. 4.

Up to 60 Mo. O.A.C.



Serving as chairperson at the District 5 meeting held at the Community Church east of Thief River Falls was Luke Kaushagen.



Don Stenberg served as chairperson at the District 4 meeting held at the Community Center in Oklee.

2005 Chevy Silverado Ext Cab 4					
Stock #79057A, 73,000 Miles,	One Owner, White	Wa	is \$20,700	Now \$	517,500
2005 Chevy Avalanche 4x4 Z-71			** * * *		31 000
Stock #89009A, 48,000 Miles,	One Owner, Silver	Wa	is \$25,600	Now \$	21,900
2004 Chevy Silverado Ext Cab 4					10 200
Stock #79075A, 49,200 Miles,		Wa	is \$10,800,	Now \$	18,500
2004 Chevy Silverado Ext Cab 4					10 000
Stock *89006A, 36,000 Miles,		Wa	is \$21,000,	Now \$	18,800
2004 Chevy Silverado, Ext Cab,			¢10 500		17 700
Stock #78102A, 58,000 Miles,		Wa	is \$19,500	NOM 2	1/,/00
2004 Chevy Silverado, Ext Cab		***	\$21 500	NT	10 000
Stock #89020A, 27,000 Miles,		Wa	is \$21,500,	NOM 2	19,800
2004 Chevy Silverado Crew Cab			\$20,000	NI	10 500
Stock #79076A, 56,000 Miles,		Wa	is \$20,800,	NOM 2	19,500
003 Chevy Silverado Ext Cab 4		117-	Φ10 C00	Now @	17 700
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510ck #30149C, 120,000 MIICS	, Diuc			- τοτι φ	





Up to 48 Mo. O.A.C.

007 Chevy Trailblazer 4x4 LT, Leather, 17,000 Miles, Silver Was \$24,150Now \$21,5	500
007 Chevy Trailblazer 4x4 LS, 10,400 Miles, SilverWas \$22,900Now \$19,9)00
007 Chevy Trailblazer 4x4 LS, 12,800 Miles, Silver Was \$22,900 Now \$19,9)00
007 Chevy Trailblazer 4x4 LS, 13,600 Miles, Gray Was \$22,900 Now \$19,9)00
007 Chevy Trailblazer 4x4 LS, 14,750 Miles, Silver Was \$22,900 Now \$19,9	000
007 Chevy Trailblazer 4x4 LS, 13,400 Miles, SilverWas \$22,900Now \$19,9)00
007 Chevy Trailblazer 4x4 LS, 14,500 Miles, Maroon Was \$22,900 Now \$19,9)00
006 Chevy Trailblazer 4x4 LS, 18,000 Miles, Blue Was \$20,300,Now \$18,4	100

2008 Chevy Impala LT, Charcoal Gray, 3.5L V6, P. Seat, AM/FM CD, Alum Wheels, Power Sunroof, 10,000 Miles, Remote Start	Now \$17,900
P.Seat, Remote Start, 15,000 Miles	Now \$16,900
2007 Chevy Impala LT, Charcoal Gray, Heated Leather, P.Seat,	
AM/FM CD, Remote Start, Alum Wheels, 3.5L V6	Now \$16,900
2007 Chevy Impala LT3, White, Loaded, Heated Leather, 3.9L V6,	
Alum Wheels, AM/FM CD, P. Seats, 28,000 Miles, Remote Start	Now \$17,900
2006 Chevy Impala LT, Silver, P.Seat, Alum Wheels, Remote Start,	
3 Pass Front Seat, Local Trade, 3.5L V6, 10,000 Miles	Now \$14,900
2006 Chevy Impala LT, Silver, 3.5L V6, Alum Wheels, AM/FM CD,	
P.Seat, 44,000 Miles, Power Sunroof, Remote Start	Now \$12,800
2006 Chevy Impala LT, White, 3.5L V6, Alum Wheels, Am/FM CD,	
P.Seat, 37,000 Miles, Power Sunroof, Remote Start	Now \$13,500
2004 Chevy Impala Silver, Air, Tilt, Cruise, P.Windows,	
3.4L V6, 53,000 Miles	Now \$9,800

Check out the entire inventory at www.thiberts.com Over 100 Vehicles in Stock!

Young cancer survivors urged to apply for ACS scholarship

Young cancer survivors who plan to attend a university, college, technical or vocational school in the fall of 2008 are encouraged to apply for a scholarship through the American Cancer Society (ACS). The annual Youth Scholarship Program enables young cancer survivors to demonstrate accomplishments made in spite of adversity early in their lives.



Eligibility guidelines for a scholarship include a cancer diagnosis before the age of 21; under the age of 25 at the time of application; a legal resident of Minnesota, Iowa, Wisconsin or South Dakota for at least one year; completed the application process and accepted to an accredited two- to four-year institution.

The application deadline is March 15. The awards will be paid directly to the institution of choice and will supplement fall 2008 tuition costs.

A volunteer review committee will select scholarship recipients on the basis of academic or vocational goals, current financial need, leadership and community service. Preference will be given to firsttime applicants.

For more information on the Youth Scholarship Program or how

Watershed groups request public participation

nesota

The Red River Water Management Board (RRWMB) and the Red Lake Watershed District invite public participation in a town hall meeting and focus group session in Thief River Falls Thursday, Feb. 21, from 11 a.m. to 2 p.m. at the Thief River Falls Public Library meeting room. All those with questions about watershed issues and projects are welcome to attend.

The event is part of a larger public information campaign funded by the RRWMB and is designed to "share with all citizens in the Red River basin the positive work being done with regards to water management and protection," said RRWMB president and Joe River Watershed District administrator John Finney of Humboldt. Mark Meister of Communication Research and Consulting Services of Moorhead is coordinating the larger campaign and will be facilitating the town hall meeting.

The RRWMB encompasses the

DNR, NWTF expand youth opportunities at spring turkey hunts

As many as 460 first-time youth hunters can bag a wild turkey this spring during one of 32 special youth turkey hunts sponsored by Minnesota Department of Natural Resources (DNR) and National Wild Turkey Federation (NWTF).

Applications for the hunt are only available online from the DNR Web site at mndnr.gov by clicking the youth turkey hunt button on the home page. Application deadline is Feb. 22, and participants will be selected randomly via lottery. A map of areas open to special youth hunts and a listing of hunts can be viewed and printed from the Web site.

"The 2008 youth hunt represents a dramatic growth in the number of permits available and the areas open to hunting," Johnson said. "Last year, 15 special youth turkey hunts accommodated 124 hunters. But an increasing turkey population, an expanding range and more youth hunt volunteers all add up to must be age 12 to 17 on or before April 19, have earned a valid Firearms Safety Certificate and be accompanied by a parent or guardian. The program is for firsttime turkey hunters only. Any youth who has ever purchased or been selected by lottery for a Minnesota turkey license of any type is ineligible. Hunters and their parent or guardian will be assigned a NWTF volunteer guide, who must accompany them throughout the entire hunt.

to apply contact the American Can-

cer Society at 800-227-2345 or log

on to www.cancer.org; search for

2008 Youth Scholarship - Min-

areas managed by the individual

watershed districts that have mem-

bership on the board. Eight Min-

nesota watershed districts within

the Red River basin form the

RRWMB including the Joe River,

Two Rivers, Roseau River, Mid-

dle-Snake-Tamarac Rivers, Red Lake, Sand Hill River, Wild Rice

and Bois de Sioux. Future town

hall meetings are planned in Ada,

Fertile, Roseau, Thief River Falls

act of the Minnesota Legislature in

1976 to provide an organization

with a basin perspective concern-

ing water resources and flood pro-

tection. The mission of the

RRWMB is to protect and safe-

guard the livelihoods of Minnesota

residents living in the Red River

basin by providing assistance,

funding, and expertise in water

protection and management proj-

The RRWMB was created by an

and Warren.

ects.

"Without the support of staff and volunteers from the NWTF, this important opportunity for firsttime hunters wouldn't be possible," Johnson said. "This is an example of sportsmen and sportswomen taking the lead in developing the next generation of safe, ethical and responsible hunter-conservationists."

DNR seeking feedback on redesigned Web site

The Minnesota Department of Natural Resources (DNR) is preparing to launch a new Web site and is seeking additional feedback before the redesigned site goes live.

To preview the new look, go to mndnr.gov and click on the "Coming Soon" graphic in the upper right hand corner.

The new site will improve overall usability and make it easier for topics, pull-down menus to help locate content quicker, a new comprehensive A to Z list of DNR topics, a Find-it-Fast section with links to the most popular pages, a revised recreation compass using a Google maps interface and an updated office locator to make it easier to find local DNR offices.

The DNR Web site, which averages about five million page requests per month, provides out-

Organic living: simple steps to move toward a healthier diet

Seventy-five years ago, all the food produced in the U.S. was organic. However, since World War II, modern farming methods have resulted in the use of synthetic chemicals; large, automated factory farms; the wide-spread use of antibiotics and hormones; radiation; and genetically modified organisms.

Those changes have resulted in food that could be dangerous to health, according to Paul Ratté, ND, a naturopathic practitioners at Northwestern Health Sciences University's Natural Care Center at Woodwinds, in Woodbury. Those dangers may be avoided by eating an organic diet.

"There are numerous benefits to organic food," Ratté said. "Some research shows they have higher nutrient levels. They have lower pesticide residues, they don't have additives that can potentially be neurotoxins and they taste better."

Because organic food can cost up to 30 percent more and because food labels can be confusing, Ratté offers these tips to moving toward a more organic diet: • Shop at farmers' markets or purchase food through a community-supported farm or co-op.

• Be selective.

• Read the label carefully. Only food labeled "organic" is certified by the USDA.

For additional resources on organic living visit http://www.nw health.edu/healthyu, a Web site focusing on natural approaches to health and wellness hosted by Northwestern Health Sciences.

struggle finding time for exercise,

simple physical activity for 10 min-

utes, three times per day, can still

that create the foundation of health.

In order to experience successful

weight loss, Ratté suggests focus-

includes stress management. High

stress may lead to an increase in the

production of the hormone cortisol,

which can lead to weight gain

and be sure to get a moderate

• How you move. Stay active

• What you eat. Make a con-

For more resources on weight

loss visit http://www.nwhealth.edu/

nns, a Web site focusing on natural

approaches to health and wellness

hosted by Northwestern Health Sci-

around the mid-section.

amount of physical activity.

scious effort to eat well.

ences University.

• What you think. This element

There are three basic elements

be beneficial.

ing on:

• Avoid purchasing processed foods.

• Prepare your meals yourself.

Tips for healthy weight loss

An estimated 64 million Americans are considered obese, according to a report from the American Heart Association.

Obesity can be defined as having a high proportion of body fat with a body mass index of 30 or higher. In 2005, about 112,000 Americans died as a result of obesity-related conditions such as cardiovascular disease and diabetes.

"Obesity is a tremendous burden in our society," said Paul Ratté, ND, a naturopathic practitioner at Northwestern Health Sciences University's Woodwinds Natural Care Center in Woodbury. "Americans spend more money on fad diets and weight loss products than any other country but are still losing the battle with obesity."

Although many of the current fad diets promote calorie cutting as an effective way to lose weight, Ratté said many of these diets can actually make a person gain weight. "Starvation is often defined as consuming less than 2,100 calories each day, yet most diets tell people to consume as little as 1,500 calories," he said. "When the body is starved, it enters survival mode and

ated 64 million Amerisidered obese, accordholds on to what little food there is, causing the body to accumulate interval and the second se

ese, accordne American causing the body to accumulate instead of expend calories." According to Ratté, there is no

such thing as a quick fix when it comes to weight loss. He said slowly building metabolism will result in more successful weight loss in the long term. He offered these tips:

• Eat more whole foods. Eating whole foods means consuming food the way it is found in nature. These foods are nutrient dense, meaning they have a low number of calories and a high amount of nutrients and phytochemicals.

• Stay away from the television. Watching television not only prevents a person from getting adequate physical activity, it may also trigger emotional eating.

• Don't be a reactive eater. Eating like this can be problematic because it doesn't provide longterm energy and hunger often strikes soon after, leading to more food consumed.

• Be a proactive eater. Eating protein in the morning keeps blood sugar balanced during the day.

• Moderate physical activity is important. Physical activity is

Surplus spring turkey hunt licenses go on sale March 17

Hunters who applied for a spring wild turkey hunting license but were not selected in the recent lottery are eligible to purchase a surplus license on a first-come, first-served basis beginning at 5 p.m., March 17.

"Applicants who were not chosen still have a chance to hunt this spring," said Bill Penning, Department of Natural Resources (DNR) farmland wildlife program coordinator. Penning said lottery winners should receive their permits this dates, permit areas and the number of surplus permits available in each area is available in the turkey hunting section of the DNR Web site at mndnr.gov/hunting.

Surplus licenses will be available at any statewide Electronic

6

more opportunities for more youths and their mentors."

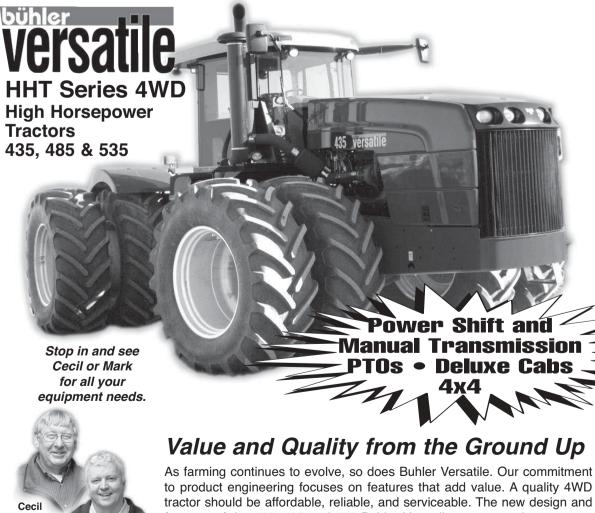
All but one of the special hunts will occur April 19 and 20, the first weekend of the regular wild turkey season. Johnson said most of the youths will hunt on private land thanks to the generosity of private landowners, who are giving the NWTF permission to use their land.

To be eligible, a youth hunter

visitors to navigate and find the DNR information they are looking for, Becher said. The organization of the content will not change, it's mainly the look and feel of the site that will be different.

Kelly Randall, DNR Web designer, said highlights of the new design include a home page slide show featuring images of timely door enthusiasts 24-hour access to a wealth of information. Visitors can purchase a hunting or fishing license, or find a variety of information including state park camping options or the latest hunting and fishing regulations.

The public is encouraged to review and comment on the new DNR Web site design.



As farming continues to evolve, so does Bunier Versatile. Our commitment to product engineering focuses on features that add value. A quality 4WD tractor should be affordable, reliable, and serviceable. The new design and features of the 435, 485 and 535 Buhler Versatile tractors make your purchasing decision easy. Explore all the possibilities and review your requirements at Anderson Power, your Buhler Versatile dealer.



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week. Applicants also can determine if they received a license in the lottery by going to the turkey hunting section of the DNR Web site.

Penning said 4,565 surplus spring wild turkey hunt licenses are available. A list of hunting www.wildlifelicense.com/mn/.

Beginning at 8 a.m. March 24, all remaining licenses will be made available to anyone, whether or not they applied in the lottery.

Yes! I want to join with others and participate in the *Infinity Wind Energy* program.

Name

Please indicate the number of 100 kilowatt-hour *Infinity Wind Energy* blocks you wish to purchase each month. Each 100 kilowatt-hour *Infinity Wind Energy* block costs an additional 50¢ per month.

- [] 1 block (100 kilowatt-hours per month), \$0.50/mo.
- [] 2 blocks (200 kilowatt-hours per month), **\$1.00/mo.**
- [] 3 blocks (300 kilowatt-hours per month), \$1.50/mo.
- [] 4 blocks (400 kilowatt-hours per month), \$2.00/mo.
- [] 5 blocks (500 kilowatt-hours per month), \$2.50/mo.
 [] Other Please specify the total number of 100
- kilowatt-hour *Infinity Wind Energy* blocks you wish to purchase per month _____, \$____/mo

If you require assistance in determining the number of wind power blocks you wish to purchase, call Red Lake Electric Cooperative at 218-253-2168 or toll-free 1-800-245-6068. We will be happy to assist you.

Address	
Home phone	
Cell phone	
Account number (located on your bill)	
E-mail address (optional)	
Signature	_ Date

I understand that my commitment is for one year and will continue on an annual basis until I notify you in writing to end my participation in the Infinity program.

608 Risk Management & Update Meeting

What you will learn won't just make cents.... it will make you dollars!



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Topics Covered:

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- Current Market Situations
- Price Targets for selling grain
- Taking advantage of current prices
- without using a HTA contract
- How to decide on the type of crop insurance that will work for YOU
- Biotech Yield Endorsement (BYE) for corn growers
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- And Much More!
- ***Prizes to be given away***

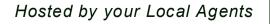
Thief River Falls, MN Friday, Feb 22—8 am Rolls, juice and coffee will be served

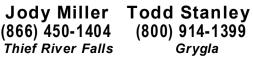
AmericInn

Diamonds

Grygla, MN

Friday, Feb 22—12 noon Lunch will be served





NORTHERNAS

Your key to buy, sell or trade anything is the

CLASSIFIEDS

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.



Miscellany

WE NOW CARRY - Half-foldsize envelopes for computer-generated greeting cards. 11¢ apiece. The Gazette in Red Lake Falls, 253-2594. xf

LOW-ODOR, DRY ERASE MARKERS - Are now available at the Gazette in Red Lake Falls, 253-2594. xf

PRINTING – Check with the Gazette for all your printing needs. No job is too big or too small. The Gazette, 253-2594, Red Lake Falls, MN. xf

FIREPLACES FOR LESS -Highest-quality fireplaces and freestanding stoves at guaranteed lowest prices. Compare and save. www.mikesheating.com; 1-800-446-4043. XC

THE BEST RADIANT FLOOR HEAT WATER TUBING - Free estimates. Compare and save. Guaranteed lowest prices. www.mikesheating.com. 1-800-446-4043. XC

FREE PUPPIES - Chocolate Lab puppies to give away. Raised in the country and good with children. 12 weeks old. Call 218-683-3687 or 218-686-1249 for more information.

For sale

REGISTERED HEREFORD -And Balancers (Angus/Gelbvieh) bulls, red and black. All polled, performance tested, EPDs, complete health program. Rangeline Cattle, 218-681-7431, cell 701-799-7756.

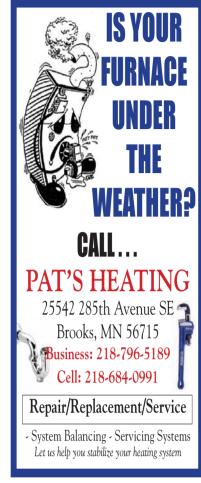
FOR SALE - Herd of black beef cows bred to black bull. Wormed and vaccinated. Scour Guard vet prechecked. Will sell any number for spring freshening. Also wanted to buy: International Cub tractor or International A tractor. Call 320-760-9954. ХD

FOR SALE - Allis-Chalmers WD45 tractor, 3 pt., PTO, 12-volt system, rear wheel weights, engine heater, 6-ft. V-style snowblower, 6ft. dirt blade, \$2,100. McKee backup snowblower, 7 ft. wide, double auger, 2-stage, \$800. Call 218-686-4687.

Automotive

FOR SALE - 2002 Olds Bravada. Fully loaded with heated seats, auto start, fairly new tires, DVD. 86,000 mi. Asking \$9,500. Call Sara at 218-584-8390 evenings.xp





L	.ucken Cor	p.
231	25 430th St. SE, Winger, M	N 56592
WA	NTS YOUR S	CRAP!
CAS	H\$\$\$ CASH\$\$\$ CA	ASH\$\$\$
WE NC	AR CRUSHING, TIN BALING A W HAVE AN ON-SITE CERTIF ERROUS AND NONFERROUS	IED SCALE.
 Radiators #1 and #2 cast 	 Aluminum transmissions Tin Stainless steel Batteries Lead 	 Unstripped motors Die cast Car bodies Copper
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We can get the job done! No job is too small or too large!

1107 Main Avenue N., Thief River Falls, MN 56701 681-4231 www.phillipsiron.com

Stop before you dig; call before you dig

With the arrival of spring, many people have plans for digging and planting projects. To ensure your safety and the safety of others, before digging or planting, call Gopher State One Call, 1-800-252-1166.

Red Lake Electric Cooperative members and area contractors are reminded, if you are planning to dig deeper than one foot, you must call Gopher State One Call - it's the law!

A call to Gopher State will get all utility underground lines and pipes located and marked, free of charge, within 48 hours.

Don't take chances - mistakes cost lives.



Director nominations, petitions due Feb. 25

Each year the terms of three of Red Lake Electric Cooperative's (RLEC) directors expire the day of the annual meeting. Members of each of the three districts whose present director's terms will expire March 26 have elected director candidates at the recently held district meetings.

The names of the candidates are Bonnie Christians, Crookston, District 1; Steve Linder, Oklee, District 4; and Mark Hanson, Thief River Falls, District 5.

Their names will be placed in nomination at the annual meeting. Any other member within these districts wishing to have their name placed in nomination must do so by petition. The petition is due in the RLEC office in Red Lake Falls by 10 a.m. Feb. 25.

At least 15 members of the district must sign the petition for the director nominee. The nominee's name will then be placed on the election ballot at the annual meeting March 26 at the Ralph Engelstad Arena in Thief River Falls. Petition forms are available at the RLEC office in Red Lake Falls.

Contact Ron Kennedy, cooperative manager, at 800-245-6068 for more information.

RLEC director qualifications required to be elected/serve

No member shall be eligible to become or remain a director who:

• Is not a member of the Cooperative, receiving electric service at the member's primary residence in the district from which the director is elected.

• Within three years preceding a director candidate's nomination was an employee of the Cooperative.

• Is or becomes, or at any time during the three (3) years preceding a director candidate's nomination shall have been employed by a labor union, which represents, or has represented, or has endeavored to represent any employees of the Cooperative.

Is a parent, spouse or cohabitant of any employee of the Cooperative.
Is a person who is a parent, spouse or cohabitant of an incumbent director who is not up for re-election at that time.

• Is in any way employed by or substantially financially interested in an enterprise competing with the Cooperative or any Cooperative-affiliated business.

• Is or becomes the full-time employee or agent of, or who is or becomes the full-time employer or principal of, another director.

February marks the observance of National Parent Leadership Month

February has been designated National Parent Leadership Month. Circle of Parents®, a program of Prevent Child Abuse Minnesota, will join forces with other national organizations to recognize, honor and celebrate parents for leadership roles in their homes and communities.

National Parent Leadership Month was created to:

• Educate the public about this vital family strengthening and community building strategy; and

• Encourage professionals, policymakers and other community members to create opportunities to partner with parents to address issues that affect children and families.

Parent leadership occurs when parents gain the knowledge and skills to function in meaningful leadership roles and represent a "parent voice" to help shape the lives of families and communities, as well as shape the direction of programs and policies that impact them. Parents, grandparents, kinship care providers, foster parents, and anyone in a parenting role who has personal experience in using resources and/or services to strengthen their families, have the potential to become parent leaders.

"Parent leadership is an essential component in all effective family strengthening and child abuse prevention programs," said Roxy Foster, coordinator of Civic Parent Leadership, Circle of Parents. "Better outcomes for families are achieved when parents have the opportunity to use their knowledge and expertise through meaningful and active roles in the planning, implementation, oversight and evaluation of programs that affect families and children. Parents find themselves accomplishing things that may have seemed impossible before."

Throughout the country, parents and professionals are working together in new ways. They are participating in local, regional and national planning processes, collaborating as grant reviewers and program evaluators, and serving together on advisory boards and coalitions. When parents are speaking and acting from the parent's perspective rather than as staff from an organization or institution, they are parent leaders.

Across Minnesota, Circle of Parents is joining with Parents Anonymous[®] Inc., the nation's oldest family strengthening and child abuse prevention organization and the founder of National Parent Leadership Month, to honor anyone in a parenting role who has taken steps to provide leadership in their home or community or at the state or national level.

Parent leaders are celebrated at the annual banquet in April. Parents serve as advisory members, parent group leaders, facilitators and board members of Prevent Child Abuse Minnesota.

For more information about activities related to National Parent Leadership Month contact Circle of Parents® Minnesota, 1821 University Avenue, Suite 202-S, St. Paul, MN 55104. The contact person is Roxy Foster, coordinator of Civic Parent Leadership, at 651-523-0099 ext 118 or e-mail rfoster@pcamn.org.

VOTING DELEGATE CERTIFICATION

Members that are corporations, churches, townships, schools or other government units may vote at the annual meeting. This form designating the voting delegate must be filled out, signed by officers and presented at the annual meeting registration desk or returned with a mail ballot.

The ______ has, at an official Name of Member ______ has, at an official ______ Name of Delegate

to represent us at the 2008 annual meeting of the Red Lake Electric Cooperative, Inc.

Attest ____

Attest ____

Chairman or President

Clerk or Secretary

State trail permit required on state snowmobile trails

The Minnesota Department of Natural Resources (DNR) reminds snowmobilers that a Minnesota snowmobile state trail permit is required for all snowmobiles operated on any state or grant-in-aid snowmobile trail in Minnesota. The permit has been required since Oct. 1, 2005.

"Minnesota has one of the best snowmobile trail systems in the country, with more than 20,000 miles of trail," said Forrest Boe, director of the DNR Division of Trails and Waterways.

Most of the trails are managed and maintained by local snowmobile clubs through the grant-in-aid program. "All revenues from the state trail permit go to help snowmobile clubs maintain and groom local grant-in-aid trails," Boe said.

The state trail permit costs \$16 for an annual and \$31 for a threeyear permit; the three-year permit may only be purchased in conjunction with the snowmobile registration. The permit is valid from Nov. 1 through April 30 of each year.

Annual permits can be purchased from a deputy registrar or any of the 1,800 electronic licensing agents throughout Minnesota, by telephone at 888-665-4236, or on the DNR Web site at www.mndnr.gov.

The three-year permit is available at a deputy registrar office; through the mail to the DNR at 500 Lafayette Road, St. Paul, MN 55155; or with an online renewal at www.mndnr.gov. A \$3.50 convenience fee will be added to permits purchased by telephone or online.

More information about the state trail permit, including proper placement, can be found in the 2007-2008 Minnesota Snowmobile Regulations handbook.

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.



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
NAME OF FINANCIAL INSTITUTION
CHECKING ACCOUNT #
SAVINGS ACCOUNT #
SIGN HERE TO AUTHORIZE ————————————————————————————————————



Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

Phone Toll-free Fax After-hour outage Office hours E-mail: Web site 218-253-2168 1-800-245-6068 218-253-2630 218-253-2200 Monday-Friday, 8:00-4:30 redlake@minnkota.com www.redlakeelectric.com

P. O. Box 430 • 412 International Drive SW • Red Lake Falls, MN 56750-0430