



Volts and Jolts

Published monthly for the members of
RED LAKE ELECTRIC COOPERATIVE, Inc.

One of the Minnkota Power Systems

SERVING THE FOUR-COUNTY AREA OF MARSHALL, PENNINGTON, RED LAKE AND POLK

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RED LAKE FALLS (RED LAKE COUNTY), MINNESOTA 56750

JULY 2011

Retail rates to increase with October 2011 billing

Red Lake Electric Cooperative's board of directors recently approved a retail rate increase which will on average, increase the cost to members 9.2 percent beginning with the monthly billing in October of 2011. The increase in rates is needed to offset a larger than anticipated wholesale rate increase effective this past March.

Retail rates were adjusted effective with the April 2011 billing due to wholesale power rate increases from Minnkota Power Cooperative. The retail rate adjustment (2717003.03 Duane W. and Frances E. Laidley) at that time was based on a 5 percent wholesale increase effective December 2010 and an anticipated wholesale increase of 16.9 percent March 2011. The actual wholesale rate increase in March was 29.8 percent instead of the anticipated 16.9 percent. This is the reason for a second retail rate increase in 2011.

Most members will also see a continuation of seasonal rates that were implemented with the Cooperative's retail rate restructure in July of 2007. Seasonal rates, for

most, will be higher in the winter months, for the billing periods of January, February and March, and lower the remaining nine months of the year.

Higher retail rates in the winter months are the result of higher wholesale costs of electricity for those months, as well as increased distribution system costs associated with (435001.01 Joyce Swenson) rising winter peak demands for energy. Even with the energy conservation practices and measures encouraged by the Cooperative, the demand for energy, especially over peak periods, continues to increase.

This system peak, which occurs in winter, is determined when all off-peak loads have been shed and only on-peak loads are placing demand on the system. The cost to meet these peak demand loads need to be reflected in the cost of providing that energy to customers. It is hoped the higher retail winter rates will encourage members to be more energy conservation minded during the time of year it impacts the Cooperative's cost of providing that service the most.

A change that will be noticed with the October billing is the discontinuation of the "two-step" kilowatt hour (kWh) charge. For many years, members have paid a set price for the first 500 kWh each month and a lower price for all kWhs over 500 during the same billing period. With the exception of seasonal rates, all kWhs for each rate code will be at the same price regardless of the number of kWhs used during the billing period.

For several years the Cooperative has been promoting conservation and offering incentives to implement conservation measures. Due to the make-up of the electric industry today, it defies the Cooperative's strategies to offer a lower rate for increased kWh usage. The Cooperative's distribution costs associated with delivering 500 kWhs monthly is virtually the same as delivering 5,000 kWhs.

A summary comparing Red Lake Electric's present rates to the new rates that members will pay effective with the October 2011 billing appears on page 6.

Pole inspections to begin next week

Osmose
Utilities Services, Inc.

Osmose Utilities Service will begin pole inspections for Red Lake Electric Cooperative the week of July 25. They will inspect all the poles in the (6724001.03 Don and Annette LaCousiere) Huot substation service area.

In Polk County it will include the following townships: Russia, Onstad, Kertsonville, Fairfax, Gentilly, Crookston and Parnell.

In Red Lake County it will include the townships of Louisville, Wylie, Red Lake Falls, Browns Creek and Lake Pleasant.

In Pennington County it will include Polk Center, Bray and Black River townships.

Motorized equipment used by Osmose will include pickup trucks with their logo and ATV units.



If you have any questions or concerns about the pole inspections, contact Red Lake Electric Cooperative at 253-2168 or 800-245-6068.

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How much is enough?

EPA, state of North Dakota have dispute over emissions

Reprinted from the
Minnkota Messenger

Cooperative members need to jump on board what could be called the "enough is enough" campaign.

If we don't all come together to let the Environmental Protection Agency (EPA) know that they should accept the plan developed by the state of North Dakota to improve visibility at the region's national parks, we could face significant rate increases in the next few years. How else do you pay for more than \$500 million in capital investments to put in more emissions-reducing technology at the Milton R. Young Station – technology that hasn't been demonstrated to work on North Dakota lignite, and even if it did work, wouldn't really improve the visibility?

Minnkota Power Cooperative, our wholesale power provider, just completed \$420 million in capital investments at the Young Station for environmental upgrades. Spending an additional \$500 million or more for no perceptible



Theodore Roosevelt National Park, North Dakota

improvement in visibility doesn't make sense.

The dispute between North Dakota and the EPA is over how the state (3729033.02 Russell Holtan)

wants to meet the Regional Haze Program federal regulations aimed at curbing emissions from coal-based plants and industrial sources to improve visibility at natural

areas such as Theodore Roosevelt National Park in western North Dakota. This is a visibility and not a health-based program.

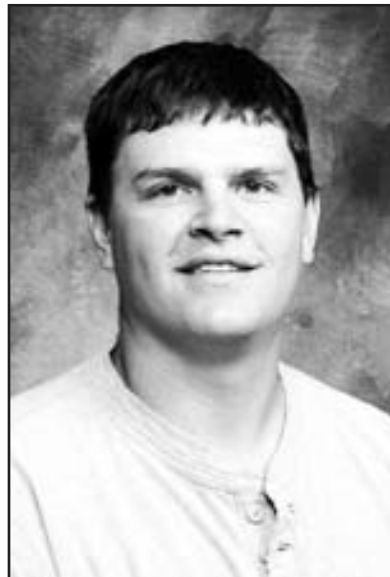
Terry O'Clair, the state Department of Health's air quality director, said the EPA plan will cost plant owners millions of dollars and force them to use technology that is not proven to work on lignite. The state favors a technology that is proven to work on lignite, and will reduce more than 60 percent of the nitrogen oxides (NOx) emissions. Minnkota has already put that technology in place with Over-Fire Air+Selective Non-Catalytic Reduction (SNCR).

"We're saying this is the best, because we don't know if the other one will work," O'Clair said.

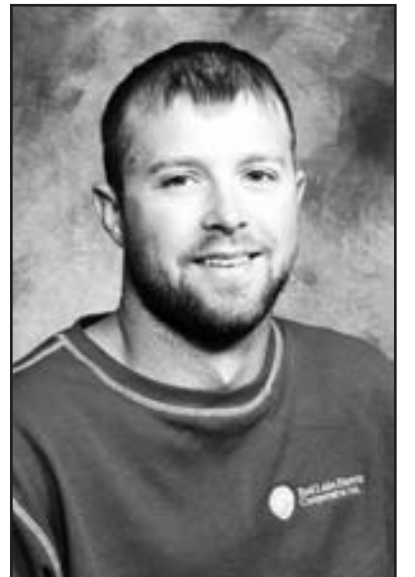
North Dakota officials plan to fight an effort by the EPA to take over the state's Regional Haze Program that will affect the Young Station. We plan to help with the battle. We believe EPA should approve the North Dakota Department of Health State Implementation Plan (SIP).

The EPA disagrees with the SIP for addressing NOx emissions at Minnkota's Young Station and Basin Electric Power Cooperative's Leland Olds plant.

Continued on page 2



Jordan Gervais



Sam Pahlen

Red Lake Electric Cooperative hires two apprentice linemen

Jordan Gervais and Sam Pahlen began their full-time employment with Red Lake Electric Cooperative on June 1, 2011. Both men will be working as apprentices in the line department.

Gervais is a graduate of Lafayette High School, Red Lake Falls, and Minnesota State Community and Technical College, Wadena. While at Wadena he was enrolled in the electrical line worker program.

Gervais worked at Legacy Powerline Construction for a short time prior to working at Red Lake Elec-

tric as a seasonal construction worker last year.

In his spare time, Gervais enjoys hunting and fishing.

Pahlen is also a Red Lake Falls Lafayette High School graduate as well as a graduate of the electrical line worker program at Minnesota State Community and Technical College of Wadena.

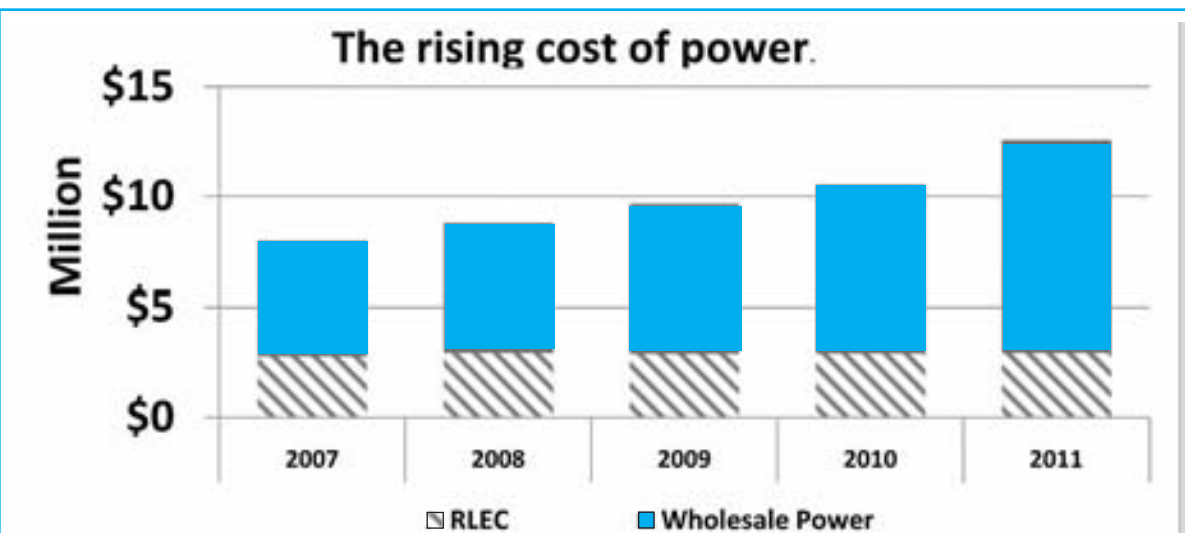
He worked at Red Lake Electric last year as a seasonal construction worker after having worked for Legacy Powerline Construction.

In his spare time Pahlen enjoys hunting and fishing.

QUICK TAKES

A look at some statistics from your Red Lake Electric Cooperative

The chart below represents Red Lake Electric Cooperative's (RLEC) total annual expense over the past five years. The top portion of the bar represents Wholesale Power expense and the bottom portion represents RLEC's distribution costs. Environmental upgrades at Minnkota's power plant required by the Environmental Protection Agency (EPA), meeting Minnesota's renewable energy standard, investments in transmission line to connect renewable energy to the grid and meeting the Minnesota Conservation and Improvement Program (CIP) requirements have all come at a price and is reflected in the rising wholesale power cost to RLEC. It is also the reason why rates to members have gone up the past three years and why rates will increase with the bill members receive this coming October. Meanwhile, RLEC distribution costs have remained stable over the same time period while making system improvements and maintaining the Cooperative's distribution system.



Red Lake County 4-Hers receive awards

Each year, Red Lake Electric Cooperative provides cash awards for 4-H livestock exhibitors at the Red Lake County Fair.

This year the recipients of the awards included: Natalie Beyer, Red Lake Falls, Top Dairy; Mikayla Miller, Red Lake Falls, Top Beef and Top Horse; and Alexis Rosnow, Plummer, Top Sheep.

Congratulations to these 4-H exhibitors.

Additional pictures appear on page 6.



Gazette Photo

Earning a grand champion in horse and horse training at the Red Lake County Fair was Mikayla Miller of Red Lake Falls. She is pictured with her buckskin mare, Star. Mikayla is a member of the Huot Hustler 4-H Club and is the daughter of David and Peggy Miller. She received a cash award on behalf of Red Lake Electric Cooperative for her accomplishments with her horse projects.

How much is enough?

Continued from front page

The EPA wants us to use technology called Selective Catalytic Reduction (SCR) that the agency believes will reduce more than 85 percent of the NOx emissions leaving the plants' stacks. The EPA has indicated it intends to release its final plan on this Regional Haze issue soon, then hold a public comment period.

We hope an agreement can be worked out between the state and the EPA. If not, we're going to need help from the consumers who pay the electric bills. A website has been developed to help facilitate comments on the proposed regulations. Go to www.stopepand.com and sign up to be alerted when comments can be made.

The bottom line is if we are forced to put in more emissions controls on top of the work we just completed at the Young Station, we could need a 30 to 35 percent

increase in revenue each year to pay for it. Obviously a significant amount of the increase would have to come from rate increases.

Partners for Affordable Energy, a coalition of businesses and organizations in North Dakota, plans a campaign to get the public involved in supporting the state plan. Spokesman Steve Van Dyke said the issue is about visibility, not health.

"The EPA has decided to follow a 'one-size-fits-all' pattern in issuing a federal implementation plan," he said.

This all comes during a year in which the American Lung Association's State of the Air annual report gave eight North Dakota counties "A" grades for lack of ozone, also known as smog.

The association has compiled a State of the Air annual report each of the past 12 years, using local data that is submitted to EPA. This year's

report covers the years 2007 to 2009.

The eight counties, which are chosen because of major population centers or proximity to national parks and grasslands, include Billings, Burke, Burleigh, Cass, Dunn, McKenzie, Mercer and Oliver. Minnkota's Young Station is located in Oliver County. North Dakota is one of 12 states to meet strict federal ambient air quality standards.

"North Dakotans breathe some of the cleanest air in the United States, in part because of emissions control technologies at the state's seven coal-based power plants," Van Dyke said.

The consumers of this region support clean air and have paid for those instruments, but we need everybody to get together and let EPA know "enough is enough."



Manager's Comments

by Roger Johanneck



Rate increase

As you may already have read elsewhere in the *Volts and Jolts*, our electric service rates will increase with the bill you receive this coming October. This increase, as well as the recent increase in rates at Red Lake Electric Cooperative, is to cover the increased cost to purchase wholesale power from Minnkota Power Cooperative.

For on-peak usage, this rate increase will amount to \$8.13 per month for an average monthly usage of 1,000 kilowatt-hours. For members using 1,500 kilowatt-hours per month, the rate increase will amount to \$13 per month. For off-peak usage, the increase will amount to \$166 per heating season for those using 20,000 kilowatt-hours, the annual average energy usage by residential accounts.

None of us like getting news that electric rates are going up, especially when it comes on the heels of an earlier rate increase, which this one does. Why the need for a rate increase this coming October when rates were just raised last March is the obvious question here.

The need for a second rate increase in 2011 was a topic discussed at our spring membership meetings, annual meeting and also discussed in the Cooperative's recent year-end report. If you have forgotten or were not a part of those discussions about the need for the October increase, I encourage you to read our cover story on the rate increase which explains that again.

Your Cooperative's by-laws that require (5930002.02 James Cyr) advance notification to its' members of when rates are changing is a good thing. It gives members time to budget for their increased cost. It also allows members some time to make changes or upgrades to more efficient appliances, equipment, lighting, etc., if they want to do something to help offset some of

the increase in their energy costs.

The downfall of such a bylaw provision, if there is a downfall, is that it can put us in a position to make a decision on rates before Minnkota has set the rates they charge to us and their member Cooperative systems.

Minnkota's subsequent approval of a rate 13 percent higher than they projected when we were budgeting for 2011, made our current rates inadequate to recover our added wholesale power expense. We simply did not have enough revenue built into the March 2011 rate increase to absorb an additional \$665 thousand in wholesale power cost that came with Minnkota's higher rate in March 2011.

Members will notice that the monthly facility charge component of the rates has increased. You might wonder, if this rate increase

is the result of higher wholesale power costs, why the increase in a monthly facilities charge? The cost of having the distribution facilities in place to deliver energy when you need it has never been fully recovered in the facility charge billed to you. That cost, has been recovered through a combination of a facility charge and a higher kWh charge on the front of a "multi-step" kWh rate.

The Cooperative has been, over the years, increasing the facilities charge to recover the actual cost of providing this service and reducing the difference in the multiple step kWh rate that has been a part of our rates for many years. The new facility charge and one step energy rate more accurately reflects our cost of providing that service.

Summer grilling tips: find grillable fruits and always marinate meat

Grilling offers convenient and heart-healthy way to prepare food, if done right. This time of year offers an abundance of seasonal produce loaded with nutrients that tastes wonderful grilled, such as bell peppers, eggplant, sweet corn, summer squash, tomatoes, zucchini, peaches, plums, nectarines, apples, pears, and pineapples.

Grilling fruits bring out their natural sweetness as well as softens outside skin. Harder fruits, such as apples and pineapples are easiest to prepare, but don't be afraid to try softer fruits such as peaches and nectarines. When grilling fruit:

- Pick a fresh firm fruit that's just short of being perfectly ripe.
- Slice the fruit in half (you can keep the peel on) and soak it in water to maximize the amount of liquid inside so it stays moist on the grill.
- If desired, add a little lemon juice to the soaking water to preserve the fruit's color. Feel free to also experiment with different spices, like cinnamon or nutmeg.



but usually a few minutes will suffice.

Of course, what summertime grilling experience would be complete without some type of meat. When grilling meat, take precautions, such as:

- Fish frenzy: Select smaller, leaner cuts and limit your portion size. You might want to try fish as an alternative to hamburgers. Salmon, trout, and herring are high in heart healthy omega-3 fatty acids and hold up well on the grill.
- Marinate meat: Some research suggests that even briefly marinating meat reduces the formation of cancer-causing chemicals.

To make your own marinade, choose an acid-based liquid (e.g., vinegar, citrus juice, and tomatoes), a little bit of healthy fat (like olive oil) and some seasonings. Toss in freshly chopped oregano, parsley, thyme and rosemary in place of salt to keep the sodium count low. Chopped onion and garlic will also add flavor.

• Avoid flames: Grill your food on glowing embers, not high flames. If you have a gas grill, keep it on medium instead of high. When fats and juices drip down onto an open flame, it can cause a flare-up which may deposit unhealthy carcinogens onto your meat. Use a meat thermometer. Don't let your beef, pork, or lamb burgers cook above 160 degrees; chicken breasts and hotdogs should stay around 165 degrees, while steaks are done at 145 degrees. Finally, flip meat frequently.

Sources: American Heart Association, American Institute for Cancer Research, Center for Disease Control, LifeWork Strategies (www.youradvocate.com), and Washington and Shady Grove Adventist Hospitals.

Adding sugar is not necessary.

- Grill fruit over medium heat on a very clean cooking grate, although a higher temperature works best for some items such as cantaloupe.

Like fruits, most vegetables cook better and are less likely to stick if marinated first or brushed lightly with cooking oil. It may help to thread fruit or vegetables on skewers. Given the delicate nature of produce, grilling time may vary,

Mission Statement

It is the mission of Red Lake Electric Cooperative to enhance the quality of life for people of our service area by consistently providing quality electric service and other valued services while holding our employees, our community and our environment in high regard.



Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

WE PROUDLY PRESENT TO YOU

The Red Lake Electric Cooperative Customer Service Guarantee



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



Red Lake Electric Cooperative, Inc.

One of the Minnkota Power Systems

ROGER JOHANNACK
General Manager



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 drive-up drop box located next to the RLEC office, by Auto Pay, or by mail. Payment must be in the office, drop box, Auto Pay, or in the mail, as evidenced by the postmark, by the 5th day of the following month to avoid a late payment charge. A 1 1/2% monthly late payment charge will be computed on delinquent energy bills, the minimum late payment charge will be \$1.00.

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

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

BAD CHECKS

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

OUTAGES

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

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

METER TESTS

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

STOPPED METERS

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

METER READINGS

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

GENERAL SERVICE RATES

Facilities charge variable \$24 to \$31 month
First 500 KWH9.6¢ Kwh
Over 500 KWH (April-Dec.)8.4¢ Kwh
Over 500 KWH (Jan.-Mar.)9.1¢ Kwh
Multiphase users add \$20/month cost of service charge.

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

Security light, \$7/month, high pressure sodium, \$8/month, mercury vapor; water heater flat credit, \$7/month (on January-April billing); off-peak equipment charge, \$5.00/month per heat meter; off-peak electric heat rate, 4.7¢/kWh long-term control, 7.0¢/kWh short-term control.

RED LAKE ELECTRIC COOPERATIVE, Inc. VOLTS & JOLTS

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NOTICE

Hidden within the text of the articles of this issue of the Volts & Jolts are the names and account numbers of five RLEC members. They will appear within the articles in parenthesis as such (9999999.99 Roger P. Member). If you find your name and account number, clip it out and send it with your next payment. You will be credited with \$5 on your electric bill.

Recipe corner

William Tell's Never-Miss Apple Cake

1 pkg. (8 oz.) cream cheese, softened
2 c. sugar, divided
4 eggs
1 c. canola oil
2 c. all-purpose flour
2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. salt
1/4 tsp. baking soda
2 c. chopped peeled tart apples
1 c. shredded carrots
1/2 c. chopped pecans
Praline Icing:
1/2 c. packed brown sugar
1/4 c. butter, cubed
2 tbsp. 2% milk
1/2 c. confectioners' sugar
1/2 tsp. vanilla extract
1/4 c. chopped pecans, toasted
In a small bowl, beat cream cheese and 1/4 cup sugar until smooth. Beat in 1 egg; set aside.

In a large bowl, beat oil with remaining sugar and eggs until well blended. Combine the flour, baking powder, cinnamon, salt and baking soda; gradually beat into oil mixture until blended. Stir in apples, carrots and pecans.

Transfer half of the apple batter to a greased and floured 10-inch fluted tube pan; layer with the cream cheese mixture and the remaining apple batter.

Bake at 350 degrees for 50 to 60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

In a large saucepan, bring the brown sugar, butter and milk to a boil. Cook and stir for 1 minute. Remove from the heat; whisk in confectioners' sugar and vanilla until smooth. Drizzle over cake. Sprinkle with pecans. Yield: 12 servings.

Apple Upside-Down Cake

1/3 c. butter, melted
1 c. packed brown sugar
3 medium tart apples, peeled and sliced
1/2 c. chopped walnuts
Cake:
3 tbsp. butter, softened
3/4 c. sugar
2 eggs
1 c. all-purpose flour
3/4 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1/4 tsp. ground cinnamon
1/2 c. buttermilk
3 tbsp. sour cream
1 tsp. apple brandy or rum, optional
Pour butter into an ungreased 9-inch round baking pan; sprinkle with 1/2 c. brown sugar. Arrange apples in a single layer over brown sugar; layer with walnuts and remaining brown sugar.

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Combine the flour, baking powder, baking soda, salt and cinnamon; add to the creamed mixture alternately with buttermilk and sour cream, beating well after each addition. Beat in brandy if desired.

Spoon batter over brown sugar layer. Bake at 350 degrees for 30 to 35 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before inverting onto a serving plate. Serve warm. Yield: 8 servings.

Baked Apple Dumplings

1/2 c. sugar
3 tbsp. dry bread crumbs
4-1/2 tsp. ground cinnamon
Dash ground nutmeg
1 pkg. (17.3 oz.) frozen puff pastry, thawed
1 egg, beaten
2-1/4 c. chopped and peeled tart apples
Streusel:
1/3 c. chopped pecans, toasted
1/3 c. packed brown sugar
1/3 c. all-purpose flour
2 tbsp. plus 1-1/2 tsp. butter, melted
Icing:
1 c. confectioners' sugar
2 tbsp. 2% milk
1 tsp. vanilla extract
In a small bowl, combine the sugar, bread crumbs, cinnamon and nutmeg. On a lightly floured surface, roll pastry into two 12-inch squares. Cut each sheet into nine 4-inch squares.

Brush squares with egg. Place 1 tsp. sugar mixture in the center of a square; top with 2 tbsp. chopped apple and 1 tsp. sugar mixture. Gently bring up corners of pastry to center; pinch edges to seal. Repeat with remaining pastry, crumb mixture and apples. Place on greased baking sheets.

In a small bowl, combine the streusel ingredients. Brush remaining egg over dumplings; press streusel over tops.

Bake at 400 degrees for 14 to 18 minutes or until golden brown. Place pans on wire racks. Combine icing ingredients; drizzle over dumplings. Yield: 1-1/2 dozen.

Fall Harvest Salad

2 large sweet potatoes, peeled and cubed
2 tbsp. olive oil
1/4 tsp. salt
1/4 tsp. pepper
2 c. cubed cooked turkey breast
2 medium apples, cubed
1 c. chopped walnuts, toasted
4 green onions, thinly sliced
1/2 c. raisins
1/2 c. minced fresh parsley
Dressing:
1/4 c. olive oil
2 tbsp. rice vinegar
2 tbsp. orange juice
2 tbsp. maple syrup
1 tbsp. lemon juice
2 tsp. minced fresh gingerroot
1/4 tsp. salt
1/4 tsp. ground cinnamon
1/8 tsp. ground nutmeg
1/8 tsp. pepper
Place sweet potatoes in an ungreased 15-inch by 10-inch by 1-inch baking pan; drizzle with oil and sprinkle with salt and pepper. Toss to coat.

Bake at 400 degrees for 25 to 30 minutes or until tender, stirring occasionally. Cool to room temperature.

In a large bowl, combine the turkey, apples, walnuts, onions, raisins, parsley and sweet potatoes.

In a small bowl, whisk the dressing ingredients. Pour over turkey mixture; toss to coat. Serve immediately. Yield: 6 servings.

Apple Cider Cinnamon Rolls

3-1/4 c. all-purpose flour
1/4 c. sugar
1 pkg. (1/4 oz.) quick-rise yeast
1/2 tsp. salt
3/4 c. 2% milk
1/4 c. apple cider or juice
1/4 c. plus 1/3 c. butter, softened, divided
1 egg
2 c. finely chopped peeled tart apples
1-1/4 c. packed brown sugar
3/4 c. finely chopped walnuts
3 tsp. ground cinnamon
Apple Cider Cream Cheese Frosting:
2 c. apple cider or juice
1 cinnamon stick (3-in.)
1 pkg. (8 oz.) cream cheese, softened
1/4 c. butter, softened
1 c. confectioners' sugar

In a large bowl, combine 2-1/4 cups flour, sugar, yeast and salt. In a small saucepan, heat the milk, cider and 1/4 cup butter. to 120 to 130 degrees. Add to dry ingredients; beat just until moistened. Add egg; beat until smooth. Stir enough remaining flour to form a soft dough (dough will be sticky).

Turn onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes. Cover and let rest for 10 minutes. Roll into a 15-inch by 10-inch rectangle. Spread remaining butter to within 1/2-inch of edges. Combine apples, brown sugar, walnuts and cinnamon; sprinkle over butter.

Roll up jelly-roll style, starting with a long side; pinch seam to seal. Cut into 12 slices. Place cut side down in a greased 13-inch by 9-inch baking dish. Cover and let rise in a warm place for 30 minutes.

Bake at 325 degrees for 30 to 35 minutes or until golden brown. For frosting, place cider and cinnamon stick in a small saucepan. Bring to a boil; cook until liquid is reduced to 1/4 cup, about 20 minutes. Discard cinnamon stick; cool cider.

In a large bowl, beat cream cheese and butter until fluffy. Add confectioners' sugar and reduced cider; beat until smooth. Spread over warm rolls. Yield: 1 dozen.

Barbecued Bean Salad

1 pkg. (16 oz.) dry pinto beans, rinsed
1 medium onion, chopped
1 medium green pepper, diced
1 medium sweet red pepper, diced
1 can (17 oz.) whole kernel corn, drained
Dressing:
1/4 c. ketchup
1/4 c. cider vinegar
1/4 c. olive oil
3 tbsp. brown sugar
1 tbsp. Worcestershire sauce
1 tbsp. chili powder
5 tsp. Dijon mustard
1 tsp. ground cumin
1 tsp. salt
1/4 tsp. pepper
In a large kettle, cover beans with water; bring to a boil. Boil for 2 minutes. Remove from the heat and let stand 1 hour. Drain and rinse beans; return to kettle. Cover with water again and bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until beans are tender. Drain and rinse beans; place in a large bowl and cool to room temperature. Add the onion, peppers and corn; toss. In a saucepan, combine all dressing ingredients; simmer for 10 minutes. Pour over vegetables and mix well. Cover and chill. Yield: 16 to 20 servings.

Top dairy herds for May DHIA

Randy Rasmussen, supervisor of the Red Lake-Pennington DHIA, put the following herds at top 10 in the association for May.

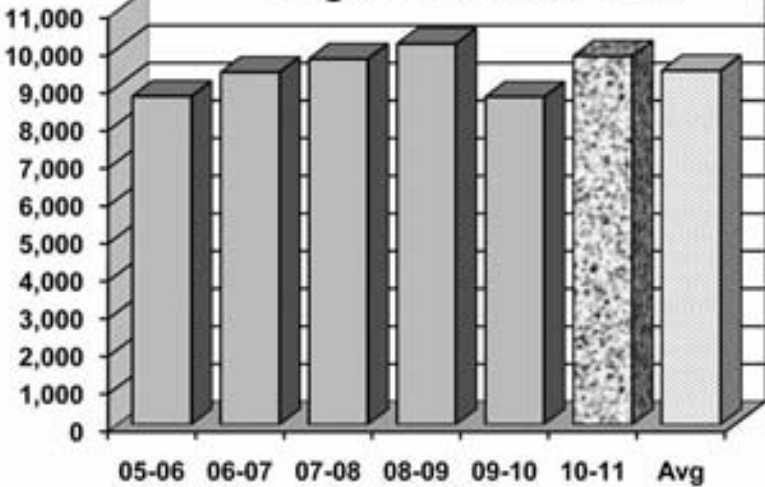
Name		% in	lbs.	lbs.	lbs.	
	Cows	milk	milk	test	fat	protein
Northstar Dairy LLC 3X	1110	91	78	3.5	2.7	3.1
Spring Prairie Colony	371	90	77	3.9	3.0	3.0
Wayra Dairy 3X	284	93	77	3.3	2.5	2.8
Walter Bros Farm	359	87	68	3.5	2.4	2.9
Amundson Dairy	63	90	66	3.8	2.5	3.1
CB Farms LLC	54	93	66	3.5	2.3	3.0
Robert & Terri Dahlen	52	90	66	3.4	2.2	3.0
Mark Gladen	86	85	59	3.2	1.9	3.0
BLY Dairy Farm Inc.	256	85	56	3.9	2.2	3.2
Beyer Bros Farm	75	85	56	3.4	1.9	3.1

The herd averages are affected by the number of dry cows in the herd. The amount of milk or butterfat is averaged out over all the cows. This gives the farmer a record of the earning power of the herd for the month. If too many cows are included in the herd, then the average for the month may be low, even though the cow that is milking produces a lot of milk.

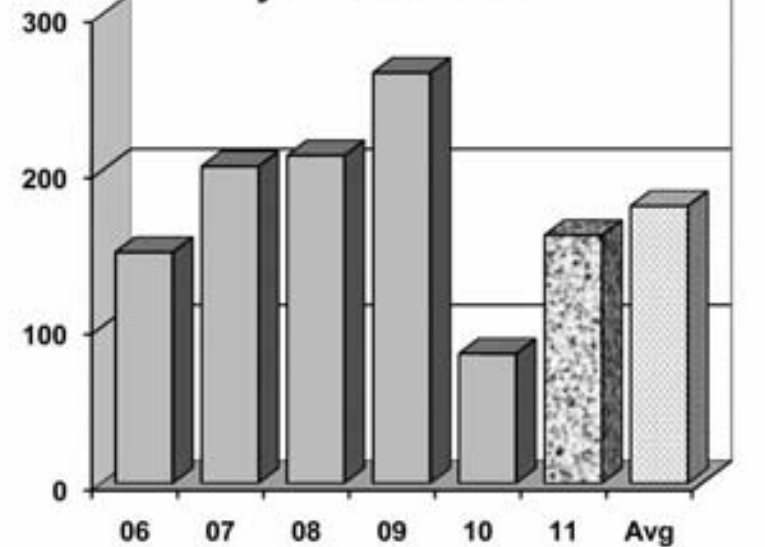
DEGREE DAYS

To determine degree days, you must calculate the daily mean temperature for the time period you are measuring. Degree day computation is based on the assumption that a building does not require any heat if the outside temperature averages 65 degrees during a 24-hour period. To obtain a degree day figure, the high temperature and the low temperature for the day are added and the total divided by two. That figure is then subtracted from 65. For example, if the high temperature was 30 degrees and the low temperature 10 degrees, the figure would be 30+10=40; 40/2=20; 65-20=45. This would be a 45-degree day. The higher the degree day figure, the more heat required to warm your home.

YEAR TO DATE DEGREE DAYS August 20 to June 20



DEGREE DAYS May 20 to June 20



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Mother's little helper: tamper resistant receptacles

The Electrical Safety Foundation International (ESFI) has good news: You can protect your child from being among the more than 2,400 children under ten years old who are treated in hospital emergency rooms for electric shock or burn injuries from electrical outlets each year in the United States.

Childproofing your home is now easier than ever thanks to new tamper resistant receptacle (TRR) technology.

"Tamper resistant receptacles (TRRs) provide a simple, permanent solution for protecting children from shock and burn injuries by preventing insertion of foreign objects into electrical outlets," explains ESFI president Brett Brenner.

TRRs replace standard wall outlets and may appear identical on the outside, but they have a built-in shutter system that keeps hairpins, keys, paper clips and the like from

being inserted into the slots. The shutter system still allows plugs to be inserted and removed as usual when equal pressure is simultaneously applied to both sides of the receptacle.

TRRs have proven to be so effective that the 2011 National Electrical Code (NEC) requires installation of TRRs in all new homes. Owners of existing homes can also benefit from TRR protection by simply replacing standard outlets with TRRs.

TRRs should always be installed by a licensed, qualified electrician, following the same installation

guidelines that apply to standard receptacles.

Other ways to protect your family from electrical hazards include reminding kids to keep liquids, even drinks, away from electrical items such as televisions, video game consoles, and computers. Teach them never to play with electrical cords or light sockets and to unplug an appliance by grasping the plug itself – not the cord.

"Take a few minutes to check your home for potential electrical hazards and correct them. Most electrical fires and incidents are preventable," notes Brenner.

To learn more ways to stay safe at home, visit ESFI's Virtual Home at <http://virtualhome.esfi.org>.

The Electrical Safety Foundation International (ESFI) sponsors National Electrical Safety Month each May to increase public awareness of the electrical hazards around us at home, work, school, and play. ESFI is a 501(c)3 non-profit organization dedicated exclusively to promoting electrical safety.

For more information about ESFI and National Electrical Safety Month, visit www.electrical-safety.org.

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VOLTS AND JOLTS FEATURE OF THE MONTH

Russells have Century Farm in Excel Township, Marshall County

A century farm is literally 100 years in the making but so are the generations of family members who cling to that farm through thick and thin. The Russell farm near Thief Rivers Falls was established in 1911 and is no exception to the rule that a century farm requires a stalwart century family.

In one of the destructive forest fires in Wisconsin in 1910, the saw mill where Joseph Russell was a mill-wright burned to the ground, causing him to seek employment elsewhere. He and his wife, Elizabeth Martin Russell, decided a farm would be the best place to bring up their children.

In the spring of 1911, they bought a farm in Excel Township, Marshall County, and moved there with their children: Grace, Irvin, Kenneth and Gladys.

The family lived in the old log house which was on the farm until a new house was built in 1916. Like most early farms, diversity was the key and the Russell's purchased livestock and raised a variety of crops for food, sale and feed.

The Russell children all attended a rural school until they were of high school age. They all graduated from Lincoln High School in Thief River Falls.

On January 11, 1920, another son, Verle, was born to Mr. and Mrs. Russell, but 11 days later Mrs. Russell died. Grandmother Martin took the baby to her home and brought him up so he never made his home with the rest of the family on the farm in Excel, although he had visited there often.

As time went on, the members of the family went in different directions: Grace and Gladys married and moved away, Mr. Russell went west to work, and Irvin married Amanda Klungness and settled on the family farm.

In 1929, Kenneth married Helen Elizabeth Rupprecht. They later moved to Reno, Nevada and had four children: Maurice, Elizabeth, Lorraine and Marjory. In 1936, they moved back to the family farm, where Kenneth and Irvin farmed together.

In 1937, another farm was bought next to the family farm, and Elizabeth, daughter of Kenneth, and James, son of Irvin, flipped a coin to see who would live at the family's original home. The result was that Kenneth's family would remain there and Irvin's family moved to the next farm.

In 1944, a barn was built on the original farm, and in that same year, Bruce, the most recent owner of the cen-



A view of the Russell farm that included all the amenities such as a windmill for pumping water, a dairy barn, and a granary among other structures remodeled and added since the farm was purchased by Joe Russell in 1911 . Now a Century farm, the site has drastically changed with the addition of one shed, a lowering and tinning of the barn and the recent removal of the concrete silo. Random portions of staves from the silo were salvaged and decorated for the Russell family reunion held in this July.



ture farm, was born. In 1959, the house was remodeled by removing the second story and squaring things up.

The farm operation was evolving along with the family which included a shift away from livestock and a focus on crop production. The neighborly Russells cooperated with the use of machinery and manpower to keep both farms running and profitable.

Bruce married Sharon in 1965. In June of 1966, they moved to the family farm and into a mobile home parked on the west side of the yard. A new dwelling for Bruce and Sharon was erected just west of the site in

1978. The mobile home was eventually moved off the property.

Bruce's parents continued to use the original home until Mrs. Russell passed away. The house was first rented out but was eventually sold and moved off of the property in 1992.

The Russells had two daughters, Cindi and Brenda. Cindi married Mark Bondy and they had three children: Benjamin, Alexandra and Katelynn. Brenda married Brian Kasprick and they had three children: Brittany, Brandon and Brady.

Bruce and Sharon lived on the farm for nearly 45 years. Bruce passed away recently. Sharon remains on the original farm site with most of the land still in use through rent arrangements with neighboring farmers.

A family reunion was held on the original farm site on the weekend of July 15-17 of this year where more than a hundred Russells and Russell-in-laws gathered to share stories and rediscover the family history since Joe Russel and his wife set foot in Excel township a little more that 100 years ago.



One of the few photos that include the original log home the Russells settled into when arriving on the newly purchased farm site in 1911. From left, Grace, Gladys, Elizabeth, Irvin, Kenneth and Veral Joseph.



Young Bruce Russell tending a flock of free range banty chickens in front of the version of the Russell home that underwent construction in 1916 and was reduced to one story in 1959.

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A gathering was held at Silverton Church near the Russell family farm during the family reunion held in July. Pictured are the descendants of Joseph and Elizabeth Russell with in-laws. 2011 marks the year that the Russell farm became a century farm.



Bruce Russell with a wagon load of snow. The old board and batten barn was razed in time with nothing put in its place. A stand of trees now encircles the farm and provides wind protection.



Tips for refinancing the roof over your head

By Doreen Friel

If you own your home and are paying a mortgage, one way you may be able to save money is through refinancing—particularly if you closed on your home many years ago. Only you can decide whether refinancing is a smart move, but here are some things to consider:

- Refinancing will cost you money. There's no way around this. You're either going to be charged closing costs to refinance, or you may be offered a "no-closing cost" deal. But don't be fooled. One way or another, you will pay for it, since no-cost transactions usually mean you'll be charged a higher interest rate (than if you had paid your closing costs out of pocket).

- How long do you expect to stay in your current home? If you're thinking about moving within the next two years or so, the costs involved may not justify refinancing.

- Think carefully before "cashing out." It's a popular move for people who refinance to take cash out of their home when they refinance. But your home is not an ATM—that money will have to be repaid sooner or later. And if home prices drop after you refinance, you could find yourself owing more on your mortgage than your house is worth.

- Check with your current lender before you commit to any refinancing deal. Chances are, you may be able to save yourself quite a bit of money on closing costs, while taking advantage of a lower interest rate.

"Calculate" your move carefully. There are no hard and fast rules when it comes to refinancing. But a refinancing calculator, such as one at Bankrate.com, can help you decide whether or not refinancing makes "cents."

Your home is one of your greatest



Informational Web Sites

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

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

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assets. So be sure to consider any home-related financing decisions carefully.

Doreen Friel is a marketing communications consultant who produces employee benefits-related materials for the Insurance and Financial Services Department of the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.



Although the farmable land on the Russell Century Farm is now rented to neighboring farmers, Sharon Russell enjoys raising annual and perennial plants in her gardens.

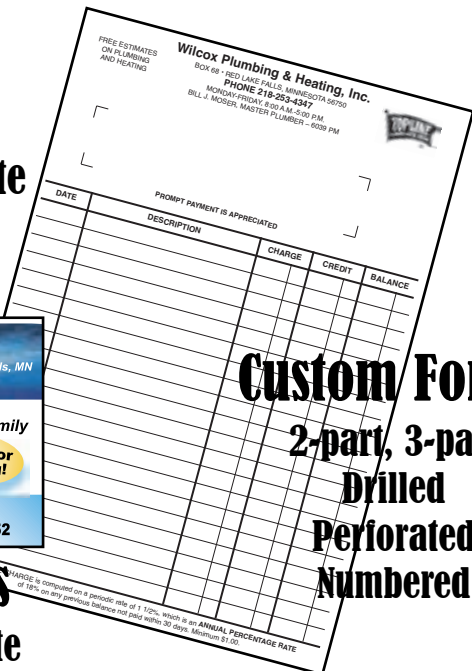
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Red Lake County 4-Hers receive awards
Continued from front page



Alexxis Rosnow, left, was the grand champion sheep exhibitor at the Red Lake County Fair held June 23 through 25. She received a cash prize from Red Lake Electric Cooperative. Alexxis is pictured with her sister Taylor Bushelle who was the reserve champion sheep exhibitor. Alexxis is the daughter of Tiffany Bushelle of Plummer and is a member of the Happy-Go-Lucky 4-H Club.



Natalie Beyer, Red Lake Falls, was awarded grand champion ribbons for dairy and senior dairy showmanship at the Red Lake County Fair held in Oklee. In recognition of her accomplishments, she received a cash prize from Red Lake Electric Cooperative. Natalie is the daughter of Neil and Polly Beyer and is a member of the Huot Hustlers 4-H Club.



Mikayla Miller, Red Lake Falls, was the grand champion beef exhibitor at the Red Lake County Fair held June 23 through 25 in Oklee. She was awarded a cash prize from Red Lake Electric Cooperative. Mikayla is the daughter of David and Peggy Miller and is a member of the Huot Hustlers 4-H Club.

Retail Rate Change Effective October, 2011 Billing		
Rate 1, General Service		
	Current Rate	New Rate
Monthly Facilities Charge		
1.5 - 10 kVA Transformer	\$24.00	\$27.00
11 - 25 kVA Transformer	\$27.00	\$30.00
26 - 75 kVA Transformer	\$31.00	\$35.00
All kilowatt-hours (Jan - Mar)		\$0.099
All kilowatt-hours (Apr - Dec)		\$0.095
First 500 kWh	\$0.096	
Over 500 kWh (Jan - Mar)	\$0.091	
Over 500 kWh (Apr - Dec)	\$0.084	
Multi-phase Surcharge	\$20.00	\$22.00
Rate 2, On Peak Service, over 75 kVA Transformer		
	Current Rate	New Rate
Monthly Facilities Charge	\$48.00	\$50.00
All kilowatt-hours		\$0.061
First 35,000 kWh (Jan - Mar)	\$0.060	
First 35,000 kWh (Apr - Dec)	\$0.060	
Over 35,000 kWh (Jan - Mar)	\$0.060	
Over 35,000 kWh (Apr - Dec)	\$0.056	
Demand Chg per kW (Jan - Mar)	\$13.00	\$15.00
Demand Chg per kW (Apr - Dec)	\$8.00	\$10.00
Rate 3, Seasonal Service over 75 kVA Transformer		
	Current Rate	New Rate
Monthly Facilities Charge per kVA	\$0.49	\$0.60
All kWh Charge (Jan - Mar)	\$0.091	\$0.099
All kWh Charge (Apr - Dec)	\$0.084	\$0.095
Multi-phase Surcharge	\$20.00	\$22.00
Rate 4, Interruptible Service over 25 kVA Transformer		
	Current Rate	New Rate
Monthly Facilities Charge	\$48.00	\$50.00
All kilowatt-hours		\$0.061
First 35,000 kWh (Jan - Mar)	\$0.060	
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Over 35,000 kWh (Apr - Dec)	\$0.056	
Multi-phase Surcharge	\$20.00	\$22.00
Off-peak Heating Rates		
	Current Rate	New Rate
Monthly Off-peak Equipment Chg	\$5.00	\$5.50
Short-term Control per kWh	\$0.070	\$0.075
Long-term Control per kWh	\$0.047	\$0.055
Security Lighting Service		
	Current Rate	New Rate
100 watt HPS Light Lease	\$7.00	\$8.00
175 watt MV Light Lease	\$8.00	\$9.00
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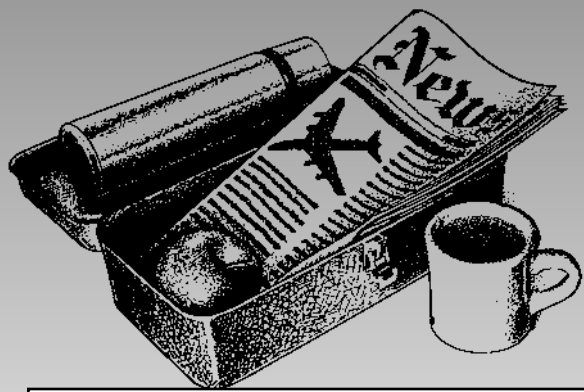
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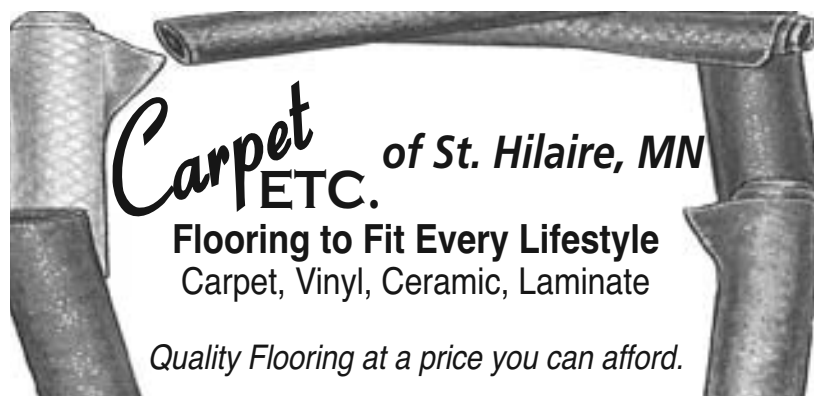
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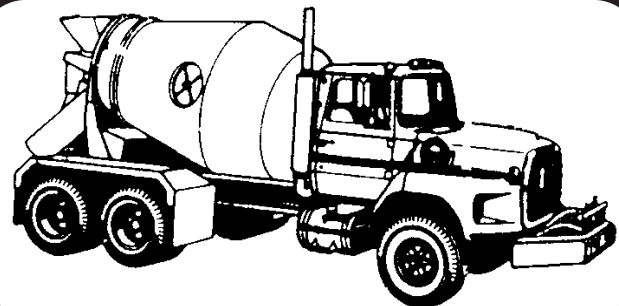


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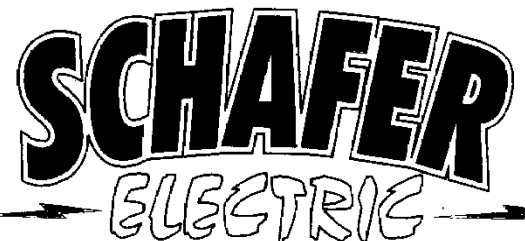
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CELLULAR

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Red Lake Falls, Minnesota 56750
Office 218-253-2497

COMMERCIAL TRENCHING RESIDENTIAL FARM

Red Lake Electric Cooperative

Want Ad Order Form

Use this handy form to submit your want ads.

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Mail or bring your ads to the RLEC office by the tenth of the month.
Commercial ads are 10¢ per word with a minimum charge of \$4 per
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Member want ads are FREE. One want ad per member per month.

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Your Name, Address and Phone Number. Mail with your power bill
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